



Fennel, Arugula and Strawberry Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



251 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup almonds toasted sliced
- 4 cups baby arugula
- 1 large fennel bulb with fronds
- 4 servings kosher salt and pepper black freshly ground
- 1 pint strawberries hulled quartered
- 1 cup balsamic vinegar white

Equipment

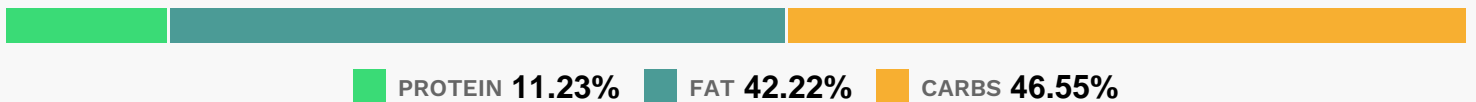
- bowl

- sauce pan
- knife
- mandoline

Directions

- Watch how to make this recipe.
- Put the balsamic vinegar in a small saucepan and bring to a simmer over medium-high heat. Cook until the vinegar is reduced to about 1/3 cup and syrupy, about 15 minutes; cool to room temperature.
- Remove the feathery fronds from the fennel bulb and chop.
- Remove the core from the fennel and, using a mandoline slicer or a knife, shave the fennel into very thin slices.
- Add to a salad bowl along with the arugula and almonds.
- Drizzle the reduced vinegar over the greens, season with salt and pepper, to taste, and toss until coated.
- Sprinkle the strawberries and chopped reserved fennel fronds over the top and serve immediately.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:9.57, Inflammation Score:-8, Nutrition Score:21.357391429984%

Flavonoids

Cyanidin: 2.55mg, Cyanidin: 2.55mg, Cyanidin: 2.55mg, Cyanidin: 2.55mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.97mg, Catechin: 3.97mg, Catechin: 3.97mg, Catechin: 3.97mg Epigallocatechin: 1.52mg, Epigallocatechin: 1.52mg, Epigallocatechin: 1.52mg, Epigallocatechin: 1.52mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

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Nutrients (% of daily need)

Calories: 250.51kcal (12.53%), Fat: 12.08g (18.59%), Saturated Fat: 0.96g (6.02%), Carbohydrates: 29.97g (9.99%), Net Carbohydrates: 22.57g (8.21%), Sugar: 19.03g (21.14%), Cholesterol: 0mg (0%), Sodium: 51.92mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.47%), Vitamin C: 79.58mg (96.46%), Manganese: 1.25mg (62.72%), Vitamin K: 61.3µg (58.38%), Vitamin E: 6.66mg (44.38%), Fiber: 7.4g (29.6%), Magnesium: 104.64mg (26.16%), Potassium: 738.3mg (21.09%), Phosphorus: 190.94mg (19.09%), Vitamin B2: 0.32mg (19.08%), Folate: 73.72µg (18.43%), Copper: 0.37mg (18.27%), Calcium: 159.12mg (15.91%), Iron: 2.53mg (14.03%), Vitamin A: 567.96IU (11.36%), Vitamin B3: 1.73mg (8.63%), Zinc: 1.15mg (7.64%), Vitamin B6: 0.13mg (6.47%), Vitamin B1: 0.09mg (6.02%), Vitamin B5: 0.48mg (4.8%), Selenium: 1.89µg (2.7%)