



Fennel, Beet and Orange Salad with Olives



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



98 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 12 medium beets trimmed
- ☐ 1 tablespoon dijon mustard
- ☐ 6 fennel bulbs trimmed halved lengthwise thinly sliced (fronds reserved)
- ☐ 1 tablespoon fennel seeds crushed
- ☐ 1.5 cups kalamata olives pitted halved
- ☐ 12 large navel oranges
- ☐ 1 cup olive oil

☐ 2 tablespoons orange peel grated

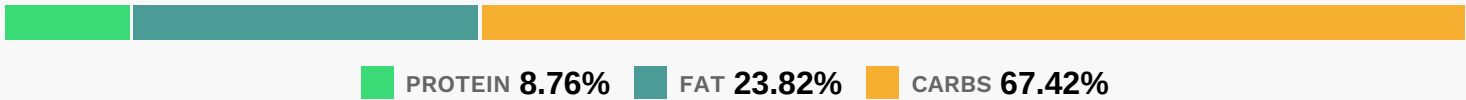
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F. Wrap beets in foil.
- ☐ Place on baking sheet. Roast beets until tender, about 1 1/2 hours. Cool. Peel beets; cut into rounds.
- ☐ Mix orange peel, mustard and fennel seeds in bowl.
- ☐ Whisk in vinegar. Gradually whisk in oil. Season with salt and pepper. (Beets and dressing can be made 1 day ahead. Cover separately; chill. Bring dressing to room temperature before using.)
- ☐ Place fennel slices in bowl. Toss with enough dressing to coat.
- ☐ Cut peel and white pith from oranges.
- ☐ Cut oranges into rounds. Alternate beets and oranges along edge of platters, overlapping. Spoon fennel slices into center; sprinkle with olives.
- ☐ Drizzle remaining dressing over beets and oranges. Chop fronds; sprinkle over salad.

Nutrition Facts



Properties

Glycemic Index:6.37, Glycemic Load:4.07, Inflammation Score:-6, Nutrition Score:9.9630435446034%

Flavonoids

Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 12.25mg, Hesperetin: 12.25mg, Hesperetin: 12.25mg, Hesperetin: 12.25mg Naringenin: 3.98mg, Naringenin: 3.98mg, Naringenin: 3.98mg, Naringenin: 3.98mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 97.58kcal (4.88%), Fat: 2.81g (4.33%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 12.96g (4.71%), Sugar: 11.66g (12.96%), Cholesterol: 0mg (0%), Sodium: 189.6mg (8.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.65%), Vitamin C: 42.63mg (51.68%), Vitamin K: 30.5µg (29.04%), Folate: 106.15µg (26.54%), Fiber: 4.95g (19.81%), Manganese: 0.35mg (17.41%), Potassium: 518.72mg (14.82%), Magnesium: 31.94mg (7.98%), Phosphorus: 65.89mg (6.59%), Calcium: 65.53mg (6.55%), Iron: 1.07mg (5.93%), Vitamin B6: 0.12mg (5.79%), Copper: 0.12mg (5.77%), Vitamin E: 0.85mg (5.67%), Vitamin A: 252.3IU (5.05%), Vitamin B1: 0.07mg (4.5%), Vitamin B2: 0.07mg (4.27%), Vitamin B3: 0.8mg (4%), Vitamin B5: 0.37mg (3.65%), Zinc: 0.39mg (2.62%), Selenium: 1.04µg (1.48%)