



Fennel, Blood Orange, and Watercress Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



81 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 cups blood orange sections (6 oranges)
- ☐ 3 cups fennel bulb thinly sliced (1 large bulb)
- ☐ 1 garlic clove minced
- ☐ 2.5 tablespoons juice of lemon fresh
- ☐ 0.8 teaspoon lemon rind grated
- ☐ 2.5 tablespoons olive oil extra-virgin
- ☐ 0.8 cup pomegranate seeds

- ☐ 0.5 teaspoon salt
- ☐ 3 cups watercress trimmed

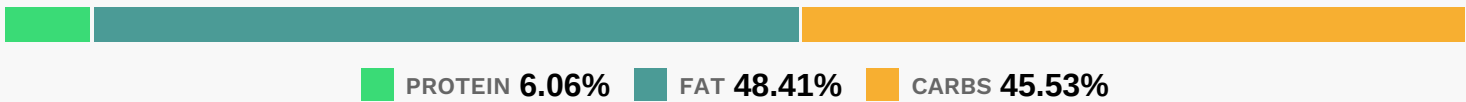
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Combine lemon rind and next 4 ingredients (through garlic), stirring with a whisk.
- ☐ Drizzle dressing over salad; toss gently to coat.
- ☐ Sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:31.06, Glycemic Load:3.55, Inflammation Score:-5, Nutrition Score:7.68391303135%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg Naringenin: 5.24mg, Naringenin: 5.24mg, Naringenin: 5.24mg, Naringenin: 5.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 80.65kcal (4.03%), Fat: 4.69g (7.21%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 9.92g (3.31%), Net Carbohydrates: 7.36g (2.68%), Sugar: 6.7g (7.44%), Cholesterol: 0mg (0%), Sodium: 168.22mg (7.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Vitamin K: 57.63µg (54.88%), Vitamin C: 31.09mg (37.69%), Vitamin A: 527.26IU (10.55%), Fiber: 2.56g (10.23%), Potassium: 282.05mg (8.06%), Vitamin E: 1.11mg (7.39%),

Manganese: 0.14mg (6.77%), Folate: 26.91µg (6.73%), Calcium: 47.95mg (4.79%), Vitamin B1: 0.06mg (3.76%), Copper: 0.07mg (3.69%), Vitamin B6: 0.07mg (3.54%), Phosphorus: 35.29mg (3.53%), Magnesium: 13.96mg (3.49%), Vitamin B2: 0.05mg (2.87%), Vitamin B5: 0.27mg (2.67%), Iron: 0.39mg (2.15%), Vitamin B3: 0.38mg (1.91%), Zinc: 0.17mg (1.1%)