



WHATSheATE



Fennel & Blood Orange Salad with Pistachios



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



106 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 medium blood oranges
- ☐ 1 tablespoon champagne vinegar
- ☐ 1 teaspoon fennel fronds minced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup pistachios lightly toasted
- ☐ 4 servings salt and pepper black freshly ground to taste

Equipment

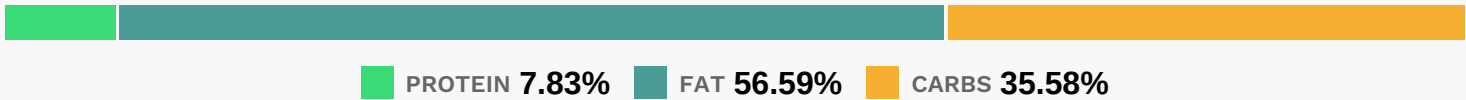
- ☐ bowl

- ☐ knife
- ☐ cutting board

Directions

- ☐ Place the sliced fennel in a salad bowl.
- ☐ Cut a slice off the top and bottom of each orange. Working with 1 orange at a time, set the fruit on a cutting board, one cut side down. Using a chef’s knife, slice away the peel from top to bottom following the curve of the fruit, removing all the white pith, but leaving as much flesh as possible. Repeat with the remaining orange. Slice oranges into sections by cutting between the membrane of each section.
- ☐ Add them and any accumulated juice to the bowl with the fennel, followed by the jicama.
- ☐ Drizzle with olive oil, vinegar, and salt and pepper. Toss well, top with toasted pistachios and minced fennel fronds.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:2.89, Inflammation Score:-4, Nutrition Score:5.6295651871225%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 106.27kcal (5.31%), Fat: 7.07g (10.88%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 10.01g (3.34%), Net Carbohydrates: 7.58g (2.76%), Sugar: 6.76g (7.51%), Cholesterol: 0mg (0%), Sodium: 1.11mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Vitamin C: 35.44mg (42.96%), Fiber: 2.43g (9.71%), Vitamin B6: 0.17mg (8.54%), Vitamin B1: 0.12mg (8.27%), Copper: 0.13mg (6.6%), Manganese: 0.13mg (6.27%), Folate: 23.92µg (5.98%), Potassium: 205.28mg (5.87%), Vitamin E: 0.81mg (5.38%), Phosphorus: 47.91mg (4.79%), Magnesium: 16.38mg (4.1%), Vitamin A: 181.48IU (3.63%), Calcium: 35.58mg (3.56%), Vitamin K: 3.04µg (2.9%), Iron: 0.42mg (2.34%), Vitamin B2: 0.04mg (2.3%), Vitamin B5: 0.21mg (2.08%), Vitamin B3: 0.29mg (1.47%), Zinc: 0.22mg (1.47%), Selenium: 0.88µg (1.26%)