



Fennel, Feta, and Kalamata Coleslaw

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



93 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound fennel bulb with stalks
- ☐ 0.5 cup feta cheese with basil and sun-dried tomatoes reduced-fat
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 6 kalamata olives pitted halved
- ☐ 0.3 cup onion red thinly sliced
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon balsamic vinegar white

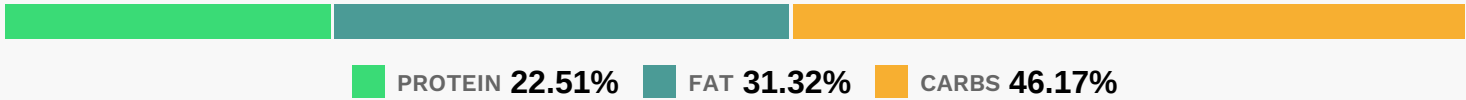
Equipment

☐ bowl

Directions

- ☐ Trim tough outer leaves from fennel; chop feathery fronds to measure 1 tablespoon.
- ☐ Remove and discard stalks.
- ☐ Cut bulb lengthwise into thin slices; cut slices into thin strips.
- ☐ Place fennel bulb strips and 1 tablespoon chopped fronds in a medium bowl; add feta cheese and remaining ingredients. Toss well.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:2.72, Inflammation Score:-5, Nutrition Score:10.031304499377%

Flavonoids

Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 92.59kcal (4.63%), Fat: 3.52g (5.41%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 11.67g (3.89%), Net Carbohydrates: 7.69g (2.8%), Sugar: 6.2g (6.89%), Cholesterol: 10.04mg (3.35%), Sodium: 395.11mg (17.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.38%), Vitamin K: 104.34µg (99.37%), Vitamin C: 17.01mg (20.62%), Fiber: 3.98g (15.92%), Potassium: 503.82mg (14.39%), Manganese: 0.25mg (12.7%), Folate: 35.76µg (8.94%), Vitamin A: 344.9IU (6.9%), Calcium: 65.42mg (6.54%), Phosphorus: 61.96mg (6.2%), Vitamin E: 0.9mg (6.03%), Iron: 1.04mg (5.8%), Magnesium: 22.63mg (5.66%), Copper: 0.09mg (4.58%), Vitamin B3: 0.78mg (3.9%), Vitamin B6: 0.07mg (3.47%), Vitamin B5: 0.29mg (2.87%), Vitamin B2: 0.04mg (2.45%), Zinc: 0.27mg (1.82%), Selenium: 0.91µg (1.29%), Vitamin B1: 0.02mg (1.27%)