



Fennel-Grapefruit Salad with Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



192 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups fennel bulb thinly sliced
- ☐ 1 tablespoon mint leaves fresh thinly sliced
- ☐ 2 cups bottled grapefruit sections red
- ☐ 2 tablespoons kalamata olives pitted chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon miso (soybean paste)
- ☐ 2 teaspoons olive oil extra-virgin

- ☐ 1 tablespoon orange juice
- ☐ 0.3 cup onion red thinly sliced
- ☐ 2 cups roasted shredded boneless skinless (2 breasts)
- ☐ 2 cups romaine lettuce chopped
- ☐ 2 teaspoons shallots minced
- ☐ 1 tablespoon citrus champagne vinegar

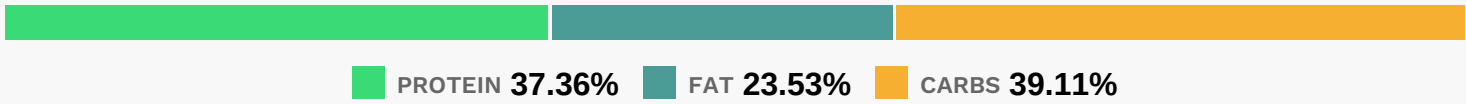
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a large bowl.
- ☐ Combine mint and remaining ingredients in a small bowl; stir well with a whisk.
- ☐ Pour over chicken mixture; toss well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:4.44, Inflammation Score:-10, Nutrition Score:20.034782513328%

Flavonoids

Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg Hesperetin: 1.04mg, Hesperetin: 1.04mg, Hesperetin: 1.04mg, Hesperetin: 1.04mg Naringenin: 37.63mg, Naringenin: 37.63mg, Naringenin: 37.63mg, Naringenin: 37.63mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 191.71kcal (9.59%), Fat: 5.16g (7.94%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 14.92g (5.43%), Sugar: 11.06g (12.29%), Cholesterol: 48mg (16%), Sodium: 479.08mg (20.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.45g (36.9%), Vitamin A: 3532.08IU (70.64%), Vitamin C: 46.3mg (56.12%), Vitamin K: 54.32µg (51.73%), Vitamin B3: 8.51mg (42.55%), Selenium: 24.92µg (35.6%), Vitamin B6: 0.69mg (34.47%), Phosphorus: 219.55mg (21.96%), Potassium: 718.22mg (20.52%), Fiber: 4.39g (17.54%), Folate: 67.54µg (16.89%), Vitamin B5: 1.55mg (15.49%), Manganese: 0.24mg (12.09%), Magnesium: 46.06mg (11.52%), Vitamin B2: 0.16mg (9.31%), Vitamin B1: 0.13mg (8.93%), Calcium: 69.69mg (6.97%), Vitamin E: 1.02mg (6.81%), Copper: 0.13mg (6.63%), Iron: 1.19mg (6.59%), Zinc: 0.81mg (5.38%), Vitamin B12: 0.15µg (2.56%)