



Fennel-Orange Salad with Green Olives

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



149 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 12 oz fennel bulb ends trimmed
- 0.5 cup olives green pitted
- 6 servings salt and fresh-ground pepper
- 32 oz navel oranges
- 2 tablespoons olive oil extra-virgin

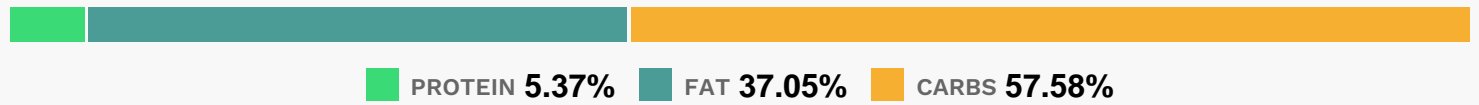
Equipment

- knife
- mandoline

Directions

- Cut ends off oranges, then cut away peel and outer membrane of fruit in wide strips, following the curve of the orange with the knife. Discard peel; slice fruit crosswise 1/2 inch thick and arrange slices on a large rimmed plate.
- Rinse fennel and thinly slice crosswise (or use a mandoline); arrange slices over oranges.
- Drizzle olive oil evenly over fennel and sprinkle with salt and pepper to taste. Scatter olives over salad.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:1.07, Inflammation Score:-7, Nutrition Score:12.33173922093%

Flavonoids

Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 33.07mg, Hesperetin: 33.07mg, Hesperetin: 33.07mg, Hesperetin: 33.07mg Naringenin: 10.73mg, Naringenin: 10.73mg, Naringenin: 10.73mg, Naringenin: 10.73mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 149.23kcal (7.46%), Fat: 6.73g (10.35%), Saturated Fat: 0.95g (5.93%), Carbohydrates: 23.53g (7.84%), Net Carbohydrates: 18.08g (6.57%), Sugar: 15.14g (16.82%), Cholesterol: 0mg (0%), Sodium: 400.38mg (17.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.39%), Vitamin C: 96.16mg (116.56%), Vitamin K: 38.57µg (36.74%), Fiber: 5.46g (21.82%), Folate: 67.05µg (16.76%), Potassium: 490.53mg (14.02%), Vitamin E: 1.66mg (11.04%), Calcium: 98.81mg (9.88%), Vitamin A: 493.65IU (9.87%), Manganese: 0.15mg (7.63%), Vitamin B6: 0.15mg (7.48%), Vitamin B1: 0.11mg (7.39%), Magnesium: 27.51mg (6.88%), Phosphorus: 63.57mg (6.36%), Vitamin B2: 0.1mg (5.65%), Copper: 0.11mg (5.5%), Vitamin B5: 0.53mg (5.29%), Vitamin B3: 1.03mg (5.16%), Iron: 0.69mg (3.85%), Zinc: 0.24mg (1.6%)