

Fennel-Pepper Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 2 small heads fennel bulb ()
- ☐ 1 tablespoon honey
- ☐ 3 tablespoons juice of lemon freshly squeezed
- ☐ 3 tablespoons olive oil
- ☐ 3 and/or orange bell peppers red yellow stemmed seeded
- ☐ 6 servings salt and pepper black freshly ground

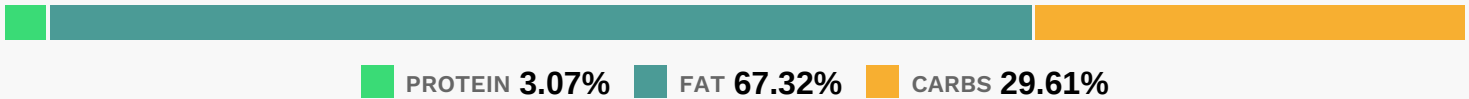
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a small bowl, whisk lemon juice, olive oil, mustard, and honey to blend.
- ☐ Add salt and pepper to taste.
- ☐ Trim stalks from fennel; chop enough feathery green fronds to make 2 tbsp. and reserve.
- ☐ Cut heads in half lengthwise, then shave into paper-thin strips (see Notes) or cut into thin slivers.
- ☐ In a bowl, combine fennel and bell peppers.
- ☐ Drizzle with dressing and mix gently to coat; cover and chill at least 1 hour and up to 1 day (see Notes). Just before serving, sprinkle with reserved fennel fronds.

Nutrition Facts



Properties

Glycemic Index:32.21, Glycemic Load:2.28, Inflammation Score:-8, Nutrition Score:8.9373911981997%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 91.52kcal (4.58%), Fat: 7.28g (11.21%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 5.79g (2.1%), Sugar: 5.61g (6.23%), Cholesterol: 0mg (0%), Sodium: 30.43mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.49%), Vitamin C: 79.13mg (95.92%), Vitamin A: 1866.16IU (37.32%), Vitamin E: 1.97mg (13.14%), Vitamin B6: 0.18mg (8.98%), Folate: 29.22µg (7.31%), Vitamin K: 7.54µg (7.18%), Fiber: 1.42g (5.69%), Manganese: 0.09mg (4.71%), Potassium: 141.62mg (4.05%), Vitamin B2: 0.05mg (3.23%), Vitamin B3: 0.61mg (3.05%), Vitamin B1: 0.04mg (2.59%), Magnesium: 9.09mg (2.27%), Vitamin B5: 0.21mg (2.1%), Iron: 0.37mg (2.04%), Phosphorus: 19.23mg (1.92%), Selenium: 0.95µg (1.36%), Zinc: 0.18mg (1.19%)