



## Fennel Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



65 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon fennel fronds
- 2 cups fennel bulbs thinly sliced ( 4 small bulbs)
- 0.5 teaspoon kosher salt
- 2 teaspoons olive oil
- 1 cup orange sections fresh
- 1 small onion red thinly sliced

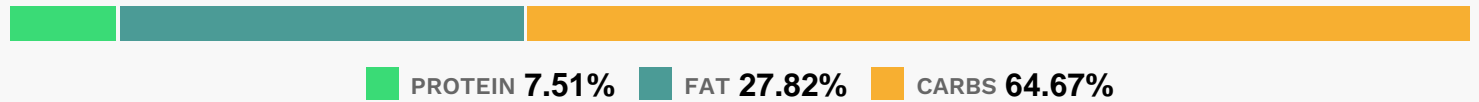
## Equipment

bowl

## Directions

- Combine first 3 ingredients in a large bowl.
- Add oil and remaining ingredients, tossing gently to coat.

## Nutrition Facts



## Properties

Glycemic Index:47.88, Glycemic Load:3.27, Inflammation Score:-4, Nutrition Score:6.4430433926375%

## Flavonoids

Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

## Nutrients (% of daily need)

Calories: 64.77kcal (3.24%), Fat: 2.18g (3.35%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 11.4g (3.8%), Net Carbohydrates: 8.36g (3.04%), Sugar: 7.23g (8.03%), Cholesterol: 0mg (0%), Sodium: 316.39mg (13.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.65%), Vitamin C: 31.64mg (38.35%), Vitamin K: 31.16µg (29.67%), Fiber: 3.04g (12.17%), Potassium: 318.74mg (9.11%), Folate: 31.49µg (7.87%), Manganese: 0.15mg (7.68%), Calcium: 48.21mg (4.82%), Vitamin E: 0.65mg (4.33%), Vitamin B6: 0.08mg (4.13%), Magnesium: 15.49mg (3.87%), Phosphorus: 38.07mg (3.81%), Vitamin B1: 0.06mg (3.78%), Vitamin A: 165.73IU (3.31%), Copper: 0.06mg (3.2%), Iron: 0.47mg (2.63%), Vitamin B5: 0.26mg (2.58%), Vitamin B2: 0.04mg (2.4%), Vitamin B3: 0.46mg (2.31%), Zinc: 0.17mg (1.17%)