



Fennel Salad with Lemon

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



105 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 fennel bulb trimmed halved cut into thin vertical slices
- 0.3 cup parsley fresh coarsely chopped
- 2 ounces goat cheese cut into 6 slices
- 0.5 teaspoon kosher salt
- 0.7 cup lemon zest (3)
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 shallots halved cut into thin vertical slices

1 teaspoon sugar

Equipment

bowl

Directions

Combine the first 3 ingredients in a bowl.

Drizzle mixture with oil; sprinkle with sugar, salt, and pepper. Toss.

Add lemon sections; toss gently to combine. Cover and chill for 1 hour. Top with cheese.

Nutrition Facts

PROTEIN **11.21%** FAT **54.67%** CARBS **34.12%**

Properties

Glycemic Index:39.1, Glycemic Load:2.58, Inflammation Score:-5, Nutrition Score:10.111738948718%

Flavonoids

Eriodictyol: 6.46mg, Eriodictyol: 6.46mg, Eriodictyol: 6.46mg, Eriodictyol: 6.46mg Hesperetin: 7.33mg, Hesperetin: 7.33mg, Hesperetin: 7.33mg, Hesperetin: 7.33mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 104.68kcal (5.23%), Fat: 6.92g (10.65%), Saturated Fat: 2.11g (13.17%), Carbohydrates: 9.72g (3.24%), Net Carbohydrates: 6.33g (2.3%), Sugar: 4.82g (5.36%), Cholesterol: 4.35mg (1.45%), Sodium: 271.67mg (11.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.39%), Vitamin K: 93.13µg (88.7%), Vitamin C: 26.95mg (32.67%), Fiber: 3.39g (13.56%), Potassium: 390.63mg (11.16%), Manganese: 0.19mg (9.68%), Vitamin A: 419.14IU (8.38%), Vitamin E: 1.2mg (8.01%), Folate: 30.32µg (7.58%), Phosphorus: 71.48mg (7.15%), Copper: 0.14mg (6.95%), Iron: 1.15mg (6.38%), Calcium: 63.82mg (6.38%), Vitamin B6: 0.1mg (4.91%), Magnesium: 19.15mg (4.79%), Vitamin B2: 0.07mg (4.1%), Vitamin B5: 0.32mg (3.18%), Vitamin B3: 0.61mg (3.04%), Zinc: 0.3mg (2.02%), Vitamin B1: 0.03mg (1.98%), Selenium: 0.98µg (1.4%)