



Fennel Slaw with Mint Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



147 kcal

SIDE DISH

Ingredients

- ☐ 1 large fennel bulb (or 2 medium bulbs)
- ☐ 1.5 teaspoons sugar
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup olive oil extra virgin
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 2 teaspoons shallots minced

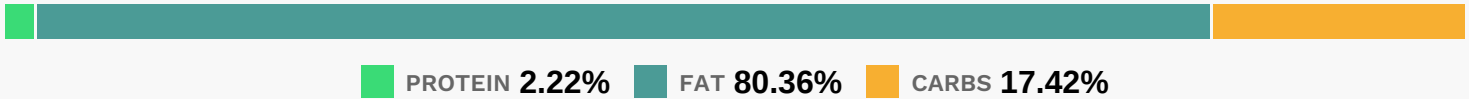
Equipment

- ☐ blender
- ☐ mandoline

Directions

- ☐ Put the lemon juice, shallot, mustard, salt, sugar and mint in a blender and pulse briefly to combine. With the motor running, drizzle in the olive oil until it is well combined.
- ☐ Shave the fennel into thin slices: Using a mandoline, shave the fennel into 1/8 inch slices starting from the bottom of the bulb. Don't worry about coring the fennel bulb, it's unnecessary. If you don't have a mandoline, slice the bulb as thin as you can. Chop some of the fennel fronds as well to toss in with the salad.
- ☐ Marinate fennel with vinaigrette: Toss with the fennel and marinate for at least an hour.
- ☐ Serve this salad either cold or at room temperature.

Nutrition Facts



Properties

Glycemic Index:44.27, Glycemic Load:2.2, Inflammation Score:-2, Nutrition Score:5.4239130357037%

Flavonoids

Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 146.88kcal (7.34%), Fat: 13.67g (21.04%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 4.67g (1.7%), Sugar: 4.07g (4.53%), Cholesterol: 0mg (0%), Sodium: 328.85mg (14.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Vitamin K: 44.88µg (42.75%), Vitamin E: 2.3mg (15.31%), Vitamin C: 10.4mg (12.61%), Fiber: 1.99g (7.98%), Potassium: 261.53mg (7.47%), Manganese: 0.13mg (6.68%), Folate: 19.1µg (4.78%), Calcium: 33.25mg (3.32%), Iron: 0.6mg (3.32%), Phosphorus: 32.04mg (3.2%), Magnesium: 11.91mg (2.98%), Vitamin A: 132.42IU (2.65%), Copper: 0.05mg (2.28%), Vitamin B3: 0.41mg (2.04%), Vitamin B6: 0.04mg (1.82%), Vitamin B5: 0.15mg (1.55%), Vitamin B2: 0.02mg (1.42%)