



Fennel Slaw with Orange Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



61 kcal

SIDE DISH

Ingredients



0.3 teaspoon pepper black freshly ground



0.3 teaspoon pepper red crushed



3 medium fennel bulbs with stalks (4 pounds)



0.5 cup olives green pitted coarsely chopped



1 teaspoon kosher salt



0.3 cup olive oil extra-virgin



1.5 tablespoons orange juice fresh



1 teaspoon orange rind grated

- ☐ 2 cups orange sections (2 large oranges)
- ☐ 1 tablespoon sherry vinegar

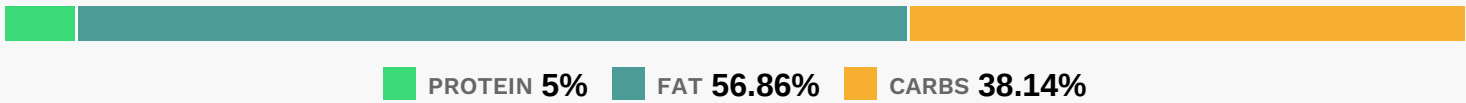
Equipment

- ☐ bowl

Directions

- ☐ Combine the first 7 ingredients in a large bowl.
- ☐ Trim tough outer leaves from fennel; mince feathery fronds to measure 1 cup.
- ☐ Remove and discard stalks.
- ☐ Cut fennel bulb in half lengthwise; discard core. Thinly slice bulbs.
- ☐ Add fronds, fennel slices, and orange sections to bowl; toss gently to combine.
- ☐ Sprinkle with olives.

Nutrition Facts



Properties

Glycemic Index:10.72, Glycemic Load:1.82, Inflammation Score:-3, Nutrition Score:4.6478260470473%

Flavonoids

Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 6.32mg, Hesperetin: 6.32mg, Hesperetin: 6.32mg, Hesperetin: 6.32mg Naringenin: 3.48mg, Naringenin: 3.48mg, Naringenin: 3.48mg, Naringenin: 3.48mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 61.31kcal (3.07%), Fat: 4.14g (6.38%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 6.25g (2.08%), Net Carbohydrates: 4.18g (1.52%), Sugar: 3.99g (4.43%), Cholesterol: 0mg (0%), Sodium: 234.65mg (10.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin K: 29.73µg (28.31%), Vitamin C: 18.21mg (22.07%), Fiber: 2.07g (8.3%), Potassium: 229.05mg (6.54%), Vitamin E: 0.95mg (6.37%), Folate: 19.25µg (4.81%), Manganese: 0.09mg (4.75%), Calcium: 33.49mg (3.35%), Vitamin A: 139.15IU (2.78%), Magnesium: 10.52mg (2.63%), Phosphorus: 25.77mg (2.58%), Copper: 0.05mg (2.29%), Iron: 0.4mg (2.22%), Vitamin B6: 0.04mg (1.85%), Vitamin

B3: 0.37mg (1.83%), Vitamin B1: 0.03mg (1.77%), Vitamin B5: 0.16mg (1.63%), Vitamin B2: 0.02mg (1.43%)