



Fennel Slaw with Prosciutto and Pistachio Pesto



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



306 kcal

SIDE DISH

Ingredients

- ☐ 3.5 pounds to 5 fennel bulbs thinly sliced
- ☐ 2 cups flat-leaf parsley packed lightly
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 3 garlic cloves
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 0.8 cup pistachios shelled toasted
- ☐ 4 ounces pancetta thinly sliced

☐ 6 servings salt and pepper black freshly ground

Equipment

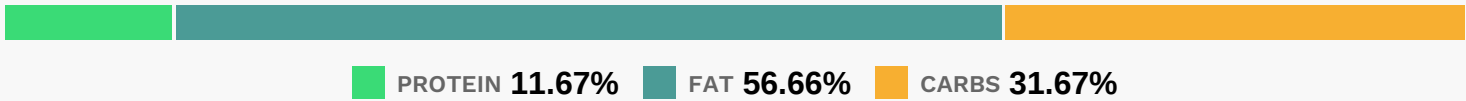
☐ food processor

☐ bowl

Directions

- ☐ Combine the parsley, pistachios, thyme, and garlic cloves in the bowl of a food processor; blend until finely chopped. With the machine running, gradually add the olive oil, processing until well blended. Season the pesto with salt and pepper, to taste.
- ☐ Place the fennel in a large serving bowl.
- ☐ Add the pesto and toss to coat well. Tear the prosciutto into 1-inch pieces and add to the bowl. Gently toss to combine.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:5.88, Inflammation Score:-10, Nutrition Score:25.518695598063%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 2.86mg, Eriodictyol: 2.86mg, Eriodictyol: 2.86mg, Eriodictyol: 2.86mg Apigenin: 43.15mg, Apigenin: 43.15mg, Apigenin: 43.15mg, Apigenin: 43.15mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 2.99mg, Myricetin: 2.99mg, Myricetin: 2.99mg, Myricetin: 2.99mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 305.84kcal (15.29%), Fat: 20.6g (31.69%), Saturated Fat: 4.39g (27.41%), Carbohydrates: 25.9g (8.63%), Net Carbohydrates: 15.23g (5.54%), Sugar: 11.76g (13.07%), Cholesterol: 12.47mg (4.16%), Sodium: 274.55mg

(11.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.55g (19.09%), Vitamin K: 497.61µg (473.91%), Vitamin C: 61.55mg (74.6%), Vitamin A: 2166.27IU (43.33%), Fiber: 10.67g (42.66%), Potassium: 1415.74mg (40.45%), Manganese: 0.78mg (39.09%), Folate: 110.27µg (27.57%), Phosphorus: 250.14mg (25.01%), Vitamin B6: 0.48mg (23.85%), Iron: 4.12mg (22.89%), Copper: 0.42mg (21.23%), Magnesium: 78.27mg (19.57%), Vitamin E: 2.9mg (19.33%), Calcium: 182.28mg (18.23%), Vitamin B1: 0.23mg (15.55%), Vitamin B3: 2.95mg (14.74%), Selenium: 6.97µg (9.95%), Zinc: 1.34mg (8.96%), Vitamin B5: 0.89mg (8.94%), Vitamin B2: 0.15mg (8.91%), Vitamin B12: 0.09µg (1.57%)