



Fennel, watercress & pine nut salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 orange juice
- ☐ 3 tbsp olive oil
- ☐ 1 large head fennel bulb halved thinly sliced
- ☐ 1 handful watercress
- ☐ 50 g pinenuts toasted

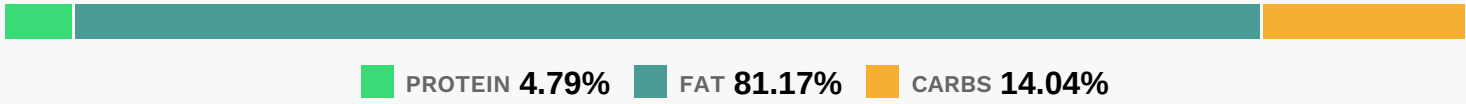
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, whisk the orange juice and oil together with a fork and season to taste.
- ☐ Add the fennel and toss to coat. Leave to marinate for 10 mins if you have time.
- ☐ Just before serving, tip the watercress and pine nuts into the bowl and toss well to combine.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:1.9, Inflammation Score:-4, Nutrition Score:10.421739080678%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 201.86kcal (10.09%), Fat: 19.2g (29.53%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 5.16g (1.88%), Sugar: 4.01g (4.45%), Cholesterol: 0mg (0%), Sodium: 31.13mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Manganese: 1.21mg (60.73%), Vitamin K: 50.44µg (48.03%), Vitamin E: 3.03mg (20.17%), Vitamin C: 14.73mg (17.85%), Magnesium: 43.02mg (10.76%), Copper: 0.21mg (10.52%), Phosphorus: 103.82mg (10.38%), Potassium: 347.74mg (9.94%), Fiber: 2.31g (9.23%), Iron: 1.21mg (6.71%), Zinc: 0.93mg (6.21%), Folate: 24.57µg (6.14%), Vitamin B3: 0.98mg (4.92%), Vitamin B1: 0.07mg (4.34%), Calcium: 32.72mg (3.27%), Vitamin B2: 0.05mg (3.05%), Vitamin A: 119.99IU (2.4%), Vitamin B6: 0.05mg (2.28%), Vitamin B5: 0.2mg (2.04%)