



Fregola with Blood Oranges and Sicilian Olives



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 small blood oranges
- ☐ 2 tablespoons capers drained
- ☐ 0.5 pound fregola
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 4 ounces sicilian olives green pitted cut into slivers
- ☐ 6 servings orange zest shredded for garnish

- ☐ 0.3 cup onion red finely chopped
- ☐ 6 servings salt and pepper white freshly ground

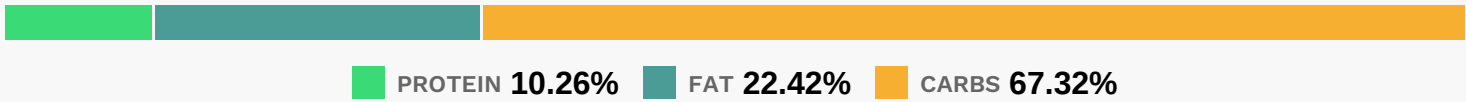
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ colander

Directions

- ☐ Cook the fregola in a medium saucepan of boiling salted water until al dente, 8 to 9 minutes.
- ☐ Drain well in a colander, shaking off the excess water.
- ☐ Let stand for 15 minutes, shaking the colander occasionally to dry the grains.
- ☐ In a large bowl, toss the olives with the onion, capers, lemon juice and olive oil.
- ☐ Add the fregola and toss to coat.
- ☐ Using a sharp knife, peel the oranges, removing all of the bitter white pith. Working over the bowl, cut in between the membranes to release the sections. Squeeze the juice from the membranes into the salad, season with salt and white pepper and let stand for 10 minutes to blend the flavors. Scatter the orange zest over the top and serve.
- ☐ Make Ahead: The salad can be prepared through Step 2 and refrigerated for up to 4 hours.

Nutrition Facts



Properties

Glycemic Index:18.58, Glycemic Load:13.45, Inflammation Score:-6, Nutrition Score:10.034347762232%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 13.8mg, Hesperetin: 13.8mg, Hesperetin: 13.8mg, Hesperetin: 13.8mg Naringenin: 7.42mg, Naringenin: 7.42mg, Naringenin: 7.42mg, Naringenin: 7.42mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg

Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg

Nutrients (% of daily need)

Calories: 233.66kcal (11.68%), Fat: 5.96g (9.17%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 40.29g (13.43%), Net Carbohydrates: 35.26g (12.82%), Sugar: 6.11g (6.79%), Cholesterol: 0mg (0%), Sodium: 371.86mg (16.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.28%), Vitamin C: 44.98mg (54.53%), Selenium: 24.56µg (35.09%), Manganese: 0.46mg (22.94%), Fiber: 5.03g (20.13%), Copper: 0.2mg (9.85%), Phosphorus: 88.2mg (8.82%), Magnesium: 33.42mg (8.36%), Vitamin E: 1.25mg (8.31%), Folate: 28.87µg (7.22%), Vitamin B1: 0.1mg (6.69%), Calcium: 65.02mg (6.5%), Potassium: 225.23mg (6.44%), Vitamin B6: 0.13mg (6.25%), Iron: 1.09mg (6.08%), Vitamin B3: 0.97mg (4.84%), Vitamin A: 236.83IU (4.74%), Zinc: 0.65mg (4.35%), Vitamin B2: 0.06mg (3.73%), Vitamin B5: 0.36mg (3.64%), Vitamin K: 2.4µg (2.28%)