



Fresh Herb, Grapefruit, and Fennel Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



163 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 small fennel bulb fresh paper-thin trimmed halved sliced
- ☐ 0.3 cup mint leaves fresh
- ☐ 8 servings olive oil extra virgin extra-virgin
- ☐ 1 cup parsley fresh italian
- ☐ 1 large ruby grapefruit
- ☐ 8 servings sea salt

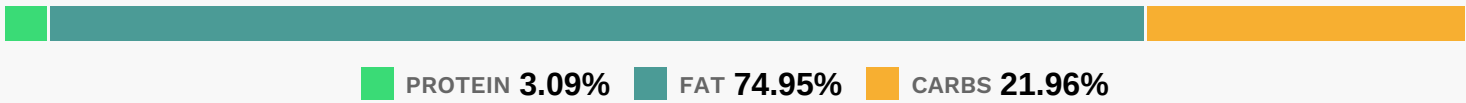
Equipment

- ☐ bowl

Directions

- ☐ Cut off top and bottom ends of grapefruit. Stand on 1 flat side. Starting at top of fruit, cut off all peel and white pith, following curve of fruit. Working over bowl, cut between membranes, releasing segments; squeeze any juice into bowl.
- ☐ Transfer segments to another bowl. DO AHEAD: Can be made 1 day ahead. Cover juice and segments separately and chill.
- ☐ Combine fennel and herbs in large bowl.
- ☐ Cut grapefruit segments into 1/3- to 1/2-inch cubes.
- ☐ Add to bowl with fennel and toss to coat. Arrange salad on platter.
- ☐ Drizzle lightly with oil, then grapefruit juice, if desired.
- ☐ Sprinkle with sea salt flakes and serve.
- ☐ Epicurious

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:2.12, Inflammation Score:-8, Nutrition Score:11.062608752562%

Flavonoids

Eriodictyol: 1.07mg, Eriodictyol: 1.07mg, Eriodictyol: 1.07mg, Eriodictyol: 1.07mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 13.55mg, Naringenin: 13.55mg, Naringenin: 13.55mg, Naringenin: 13.55mg Apigenin: 16.25mg, Apigenin: 16.25mg, Apigenin: 16.25mg, Apigenin: 16.25mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 163.01kcal (8.15%), Fat: 14.25g (21.92%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 6.56g (2.38%), Sugar: 5.22g (5.8%), Cholesterol: 0mg (0%), Sodium: 229.13mg (9.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Vitamin K: 168.17µg (160.16%), Vitamin C: 30.39mg (36.84%), Vitamin A: 1247.18IU (24.94%), Vitamin E: 2.47mg (16.44%), Fiber: 2.84g (11.35%), Potassium: 347.95mg (9.94%), Folate: 34.19µg (8.55%), Manganese: 0.15mg (7.5%), Iron: 1.08mg (5.98%), Calcium: 51.82mg (5.18%), Magnesium: 18.56mg (4.64%), Phosphorus: 42.1mg (4.21%), Copper: 0.07mg (3.39%), Vitamin B3: 0.58mg (2.91%), Vitamin B6:

0.06mg (2.9%), Vitamin B5: 0.28mg (2.79%), Vitamin B2: 0.04mg (2.51%), Vitamin B1: 0.03mg (2.09%), Zinc:
0.24mg (1.62%)