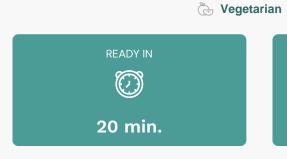
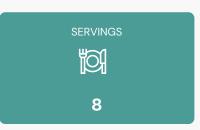


Frisée with Blood Oranges and Fennel







Dairy Free

SIDE DISH

Ingredients

8 servings pepper black freshly ground
4 medium blood oranges
1 large fennel bulb
0.5 cup flat-leaf parsley coarsely chopped
2 small heads frisée
0.5 optional: lemon

0.3 cup olive oil extra-virgin

0.5 tsp sea salt fine

Ш	2 tablespoons shallots minced	
Equipment		
	bowl	
	paper towels	
	knife	
	mandoline	
	ziploc bags	
	cutting board	
	chefs knife	
Dii	rections	
	Combine oil, shallots, and a generous pinch of salt in a small bowl.	
	Quarter fennel bulb lengthwise and cut away the core. Slice quarters thinly crosswise with a mandoline or other manual vegetable slicer, or with a chef's knife.	
	Segment oranges: Working with one at a time, cut a slice off the bottom and top to expose flesh. Stand orange on a cutting board. With a small, sharp knife, slice off peel and white pith, following the curve of the fruit.	
	Cut between membranes and fruit to release segments into a bowl. Repeat with remaining oranges.	
	Remove core and any bitter-tasting dark green outer leaves and leaf tips from frise. Tear pale yellow center leaves into bite-size pieces to get eight small handfuls.	
	Combine frise, fennel, and parsley in a serving bowl.	
	Add orange segments to frise, leaving juice behind.	
	Add shallot oil, several grinds of pepper, and 1/2 tsp. salt and toss gently. Season with more salt and a squeeze of lemon juice if you like.	
	Serve immediately.	
	Make ahead: Through step 4, up to 8 hours; cover shallot oil and leave at room temperature. Put fennel in a bowl, cover with a damp towel, and chill. Cover oranges and chill. Wrap frise in a paper towel, put in a plastic bag, and chill.	

Nutrition Facts

Properties

Glycemic Index:25.88, Glycemic Load:3.43, Inflammation Score:-6, Nutrition Score:9.8256521432296%

Flavonoids

Eriodictyol: 1.76mg, Eriodictyol: 1.76mg, Eriodictyol: 1.76mg, Eriodictyol: 1.76mg Hesperetin: 19.73mg, Hesperetin: 19.73mg, Hesperetin: 19.73mg Naringenin: 10.07mg, Naringenin: 10.07mg, Naringenin: 10.07mg, Naringenin: 8.09mg, Apigenin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 104.94kcal (5.25%), Fat: 6.94g (10.68%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 8.32g (3.03%), Sugar: 7.67g (8.53%), Cholesterol: Omg (0%), Sodium: 163.35mg (7.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Vitamin K: 84.86µg (80.82%), Vitamin C: 47.18mg (57.19%), Fiber: 2.91g (11.63%), Vitamin A: 518.89IU (10.38%), Folate: 35.13µg (8.78%), Vitamin E: 1.31mg (8.7%), Potassium: 280.57mg (8.02%), Manganese: 0.1mg (5.09%), Calcium: 49.24mg (4.92%), Vitamin B1: 0.07mg (4.51%), Magnesium: 14.71mg (3.68%), Vitamin B6: 0.07mg (3.55%), Iron: 0.63mg (3.52%), Copper: 0.06mg (3.06%), Phosphorus: 28.83mg (2.88%), Vitamin B5: 0.27mg (2.71%), Vitamin B2: 0.04mg (2.44%), Vitamin B3: 0.44mg (2.18%), Zinc: 0.16mg (1.07%)