



## Frisée with Blood Oranges and Fennel



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



105 kcal

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

- ☐ 2 tablespoons shallots minced

## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ knife
- ☐ mandoline
- ☐ ziploc bags
- ☐ cutting board
- ☐ chefs knife

## Directions

- ☐ 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



**PROTEIN 4.42%** **FAT 55.62%** **CARBS 39.96%**

## 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, Hesperetin: 19.73mg Naringenin: 10.07mg, Naringenin: 10.07mg, Naringenin: 10.07mg, Naringenin: 10.07mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 0.47mg, Quercetin: 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: 0mg (0%), Sodium: 163.35mg (7.1%), Alcohol: 0g (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%)