



## Grapefruit-and-Fennel Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cups fennel bulb coarsely chopped ( 2 bulbs)
- 4 pink grapefruit
- 8 servings pink-grapefruit vinaigrette sweet
- 1 cup onion red vertically sliced
- 12 cups gourmet salad greens

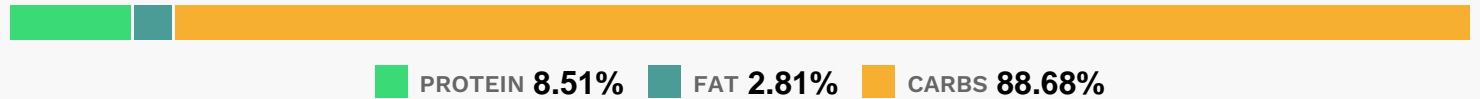
### Equipment

- bowl

## Directions

- Peel and section the grapefruit over a bowl, and squeeze membranes to extract juice. Set 3 cups sections aside, and reserve 1/4 cup juice for vinaigrette. Discard membranes.
- Combine grapefruit sections, salad greens, chopped fennel, and sliced onion in a large bowl.
- Drizzle salad with the vinaigrette, and toss gently to coat.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:15.25, Glycemic Load:7.24, Inflammation Score:-10, Nutrition Score:15.158260900041%

## Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg Naringenin: 92.04mg, Naringenin: 92.04mg, Naringenin: 92.04mg, Naringenin: 92.04mg Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

## Nutrients (% of daily need)

Calories: 142.78kcal (7.14%), Fat: 0.5g (0.77%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 35.56g (11.85%), Net Carbohydrates: 30.04g (10.92%), Sugar: 21.13g (23.48%), Cholesterol: 0mg (0%), Sodium: 27.71mg (1.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.82%), Vitamin C: 105.99mg (128.48%), Vitamin A: 3954.15IU (79.08%), Fiber: 5.53g (22.1%), Potassium: 603.15mg (17.23%), Folate: 68.53µg (17.13%), Vitamin K: 13.74µg (13.08%), Vitamin B6: 0.23mg (11.58%), Manganese: 0.22mg (10.88%), Vitamin B1: 0.15mg (10.04%), Magnesium: 37.68mg (9.42%), Phosphorus: 90.83mg (9.08%), Vitamin B5: 0.89mg (8.86%), Calcium: 85.1mg (8.51%), Vitamin B2: 0.13mg (7.63%), Copper: 0.14mg (7.12%), Vitamin B3: 1.07mg (5.34%), Iron: 0.8mg (4.47%), Vitamin E: 0.5mg (3.31%), Zinc: 0.4mg (2.67%), Selenium: 0.77µg (1.11%)