



Lemon-Orange Fennel Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



85 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon olive oil extravirgin
- 1 tablespoon fennel fronds chopped
- 4 cups fennel bulb thinly sliced (2 bulbs)
- 2 tablespoons mint leaves fresh chopped
- 1 tablespoon parsley fresh chopped
- 1 cup lemon sections peeled (2 lemons)
- 1 tablespoon juice of lemon fresh

- 2 cups orange sections (3 oranges)
- 0.5 cup onion red thinly sliced
- 0.5 teaspoon salt

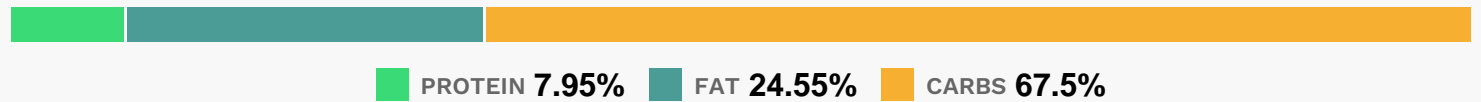
Equipment

- bowl

Directions

- Combine all ingredients in a large bowl; toss gently to coat. Chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:4.42, Inflammation Score:-6, Nutrition Score:10.399999898413%

Flavonoids

Eriodictyol: 8.84mg, Eriodictyol: 8.84mg, Eriodictyol: 8.84mg, Eriodictyol: 8.84mg Hesperetin: 26.74mg, Hesperetin: 26.74mg, Hesperetin: 26.74mg, Hesperetin: 26.74mg Naringenin: 9.42mg, Naringenin: 9.42mg, Naringenin: 9.42mg, Naringenin: 9.42mg Apigenin: 1.53mg, Apigenin: 1.53mg, Apigenin: 1.53mg, Apigenin: 1.53mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 85.32kcal (4.27%), Fat: 2.68g (4.12%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 11.83g (4.3%), Sugar: 9.5g (10.56%), Cholesterol: 0mg (0%), Sodium: 227.45mg (9.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Vitamin C: 61.27mg (74.27%), Vitamin K: 50.5µg (48.09%), Fiber: 4.71g (18.86%), Potassium: 444.07mg (12.69%), Folate: 44.17µg (11.04%), Manganese: 0.19mg (9.52%), Calcium: 71.51mg (7.15%), Vitamin A: 351.63IU (7.03%), Vitamin E: 0.86mg (5.73%), Vitamin B6: 0.11mg (5.64%), Magnesium: 22.4mg (5.6%), Vitamin B1: 0.08mg (5.41%), Phosphorus: 50.09mg (5.01%), Iron: 0.89mg (4.96%), Copper: 0.09mg (4.67%), Vitamin B5: 0.39mg (3.87%), Vitamin B2: 0.06mg (3.51%), Vitamin B3: 0.65mg (3.24%), Zinc: 0.24mg (1.57%), Selenium: 0.94µg (1.34%)