



Marian's Apple-Fennel Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



110 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 oz arugula fresh
- ☐ 1 tablespoon brown sugar
- ☐ 1 rib celery stalks
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup olive oil extra virgin
- ☐ 1 medium size fennel bulb
- ☐ 1 cup parsley fresh loosely packed
- ☐ 1 gala apple cut into quarters

- ☐ 0.3 cup juice of lemon
- ☐ 8 servings salt and pepper to taste
- ☐ 1 shallots minced
- ☐ 0.5 cup walnut pieces coarsely chopped

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mandoline

Directions

- ☐ Preheat oven to 35
- ☐ Bake walnuts in a single layer in a shallow pan 7 to 9 minutes or until toasted and fragrant, stirring halfway through.
- ☐ Meanwhile, whisk together olive oil and next 4 ingredients; season with salt and pepper to taste.
- ☐ Cut apple, fennel, and celery into thin slices, using a mandoline or sharp knife. Toss arugula with a small amount of vinaigrette. Arrange arugula on a serving platter. Toss apple, fennel, celery, and parsley with desired amount of vinaigrette. Top arugula with apple mixture; sprinkle with walnuts and salt and pepper to taste.
- ☐ Serve immediately with any remaining vinaigrette.
- ☐ Try This Twist!
- ☐ Crunchy Carrot-Beet Salad: Substitute 2 medium-size peeled beets and 2 large carrots for apples, fennel, and celery. To prevent hands from being stained, hold beets with a paper towel or wear rubber gloves while slicing.

Nutrition Facts



Properties

Glycemic Index:31.88, Glycemic Load:1.8, Inflammation Score:-8, Nutrition Score:11.284347803696%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 6.33mg, Kaempferol: 6.33mg, Kaempferol: 6.33mg, Kaempferol: 6.33mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 109.75kcal (5.49%), Fat: 7.78g (11.98%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 9.96g (3.32%), Net Carbohydrates: 7.33g (2.67%), Sugar: 6.04g (6.71%), Cholesterol: 0mg (0%), Sodium: 226.26mg (9.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.69%), Vitamin K: 163.08µg (155.31%), Vitamin C: 20.49mg (24.84%), Vitamin A: 1106.79IU (22.14%), Manganese: 0.4mg (19.83%), Folate: 47.02µg (11.76%), Fiber: 2.63g (10.5%), Potassium: 306.23mg (8.75%), Copper: 0.17mg (8.58%), Magnesium: 31.31mg (7.83%), Iron: 1.26mg (6.99%), Calcium: 65.01mg (6.5%), Phosphorus: 59.24mg (5.92%), Vitamin E: 0.8mg (5.32%), Vitamin B6: 0.1mg (4.87%), Vitamin B1: 0.05mg (3.39%), Zinc: 0.48mg (3.19%), Vitamin B2: 0.05mg (3%), Vitamin B5: 0.25mg (2.54%), Vitamin B3: 0.46mg (2.3%), Selenium: 0.9µg (1.29%)