



Mixed Greens with Tangerines and Fennel



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



213 kcal

SIDE DISH

Ingredients

- ☐ 2 medium fennel bulbs very thinly sliced chopped
- ☐ 5 ounce baby greens mixed
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons rice vinegar
- ☐ 2 tablespoons shallots chopped
- ☐ 1 teaspoon tangerine peel finely grated
- ☐ 4 tangerines peeled

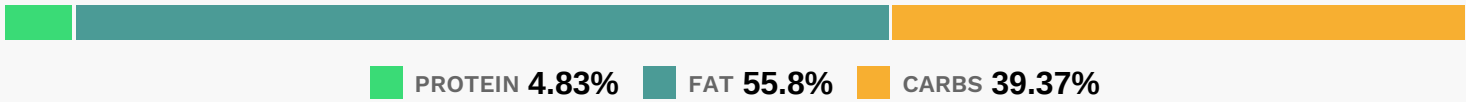
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk first 4 ingredients in small bowl.Season dressing with salt and pepper.
- ☐ Divide greens among 4 plates. Scattersliced fennel and tangerines over.
- ☐ Sprinklewith salt and pepper.
- ☐ Drizzle dressing over,sprinkle with chopped fronds, and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:6.68, Inflammation Score:-8, Nutrition Score:14.17434797598%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 8.83mg, Naringenin: 8.83mg, Naringenin: 8.83mg, Naringenin: 8.83mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 213.11kcal (10.66%), Fat: 14.04g (21.6%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 22.28g (7.43%), Net Carbohydrates: 16.9g (6.14%), Sugar: 14.33g (15.92%), Cholesterol: 0mg (0%), Sodium: 72.85mg (3.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.47%), Vitamin K: 81.65µg (77.76%), Vitamin C: 46.3mg (56.12%), Vitamin A: 1159.07IU (23.18%), Fiber: 5.39g (21.54%), Potassium: 708.92mg (20.25%), Vitamin E: 2.8mg (18.68%), Manganese: 0.33mg (16.45%), Folate: 60.52µg (15.13%), Calcium: 97.13mg (9.71%), Phosphorus: 93.33mg (9.33%), Magnesium: 35.51mg (8.88%), Vitamin B6: 0.17mg (8.47%), Iron: 1.35mg (7.5%), Copper: 0.14mg (6.86%), Vitamin B3: 1.29mg (6.43%), Vitamin B5: 0.52mg (5.2%), Vitamin B2: 0.09mg (5.17%), Vitamin B1: 0.08mg (5.1%), Zinc: 0.39mg (2.61%), Selenium: 1.15µg (1.64%)