



Orange, Fennel and Watercress Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



38 min.

SERVINGS



8

CALORIES



210 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 24 oz bulbs fennel
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 3 oranges
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 cup pinenuts
- ☐ 1 tablespoon red wine vinegar

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 2 bunches watercress fresh

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk

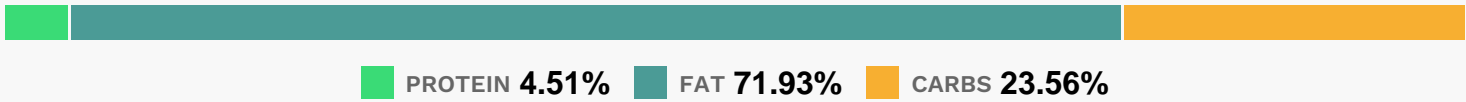
Directions

- ☐ Whisk vinegar, lemon juice, mustard, salt and pepper in a small bowl until salt has dissolved. Slowly add vegetable and olive oils, whisking constantly until blended and thickened. Taste and season with more salt and pepper, if desired. Makes about 1/2cup. (Vinaigrette may be made up to 2 days ahead. Keep covered and chilled. Bring to room temperature and whisk well before using.)
- ☐ Place pine nuts in a small nonstick skillet over medium-low heat. Cook, shaking skillet often, until nuts are golden brown and fragrant, 2 to 3 minutes.
- ☐ Transfer to a bowl to cool.
- ☐ Cut a slice off tops and bottoms of oranges. Use a sharp knife to cut away peel and white pith, starting at the top and following the form of each orange. Working over a large bowl to catch juices, slice out whole orange segments from surrounding membranes. Set segments aside and squeeze as much juice as possible from membranes into bowl.
- ☐ Remove and discard stalks from fennel. Quarter each bulb, remove tough core and pull apart layers. Thinly slice each layer and transfer to bowl with reserved orange juice. Toss well to prevent discoloration.
- ☐ Drain fennel before adding to salad.
- ☐ To assemble salad, place half of vinaigrette in a large bowl.
- ☐ Add watercress and fennel. Top with a tablespoonful of dressing and toss mixture to coat. (
- ☐ Pour in more dressing if needed. The watercress should be lightly coated but not wet.) Divide salad among 8 serving plates.
- ☐ Garnish with orange and toasted pine nuts.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.94, Glycemic Load:3.59, Inflammation Score:-6, Nutrition Score:13.10869555888%

Flavonoids

Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg Hesperetin: 13.66mg, Hesperetin: 13.66mg, Hesperetin: 13.66mg, Hesperetin: 13.66mg Naringenin: 7.55mg, Naringenin: 7.55mg, Naringenin: 7.55mg, Naringenin: 7.55mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 209.5kcal (10.47%), Fat: 17.69g (27.22%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 13.04g (4.35%), Net Carbohydrates: 8.92g (3.24%), Sugar: 8.22g (9.13%), Cholesterol: 0mg (0%), Sodium: 133.63mg (5.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.99%), Vitamin K: 88.73µg (84.5%), Vitamin C: 39.81mg (48.26%), Manganese: 0.7mg (34.78%), Vitamin E: 2.71mg (18.04%), Fiber: 4.12g (16.49%), Potassium: 500.26mg (14.29%), Folate: 40.64µg (10.16%), Magnesium: 35.64mg (8.91%), Phosphorus: 87.19mg (8.72%), Vitamin A: 426.74IU (8.53%), Copper: 0.16mg (7.96%), Calcium: 70.99mg (7.1%), Iron: 1.07mg (5.92%), Vitamin B1: 0.08mg (5.35%), Vitamin B3: 0.95mg (4.76%), Vitamin B6: 0.08mg (4.23%), Vitamin B2: 0.07mg (4.02%), Zinc: 0.58mg (3.89%), Vitamin B5: 0.36mg (3.64%), Selenium: 1.37µg (1.95%)