



Orange-Fennel Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon tapioca/arrowroot flour
- ☐ 2 teaspoons dijon mustard
- ☐ 1 large fennel bulb with feathery tops--halved, cored and thinly sliced lengthwise
- ☐ 1 teaspoon fennel seeds
- ☐ 2 teaspoons basil fresh minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 2.5 cups orange juice fresh

- ☐ 8 saffron threads crushed
- ☐ 5 servings salt and pepper white freshly ground

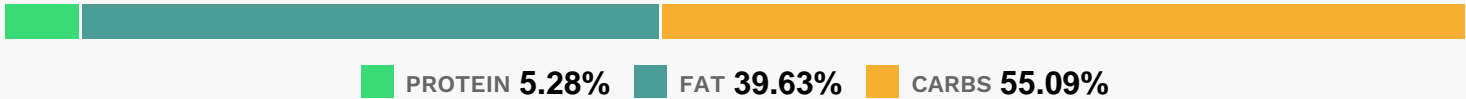
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a nonreactive medium saucepan, toast the fennel seeds over moderately high heat, shaking the pan, until fragrant, about 2 minutes.
- ☐ Add the orange juice, sliced fennel and saffron and bring to a boil. Lower the heat to moderate and simmer until the juice has reduced to 1 cup, about 20 minutes. Strain the juice into a bowl, pressing down on the cooked fennel; reserve the fennel.
- ☐ Return the juice to the saucepan and bring to a simmer over moderate heat. In a small bowl, mix the arrowroot with 2 tablespoons of water, then whisk into the juice and cook just until thickened, about 30 seconds.
- ☐ Remove from the heat, stir in the cooked fennel and let stand at room temperature until cool. Strain the mixture into a medium bowl and whisk in the olive oil, lemon juice and mustard. Season the dressing with salt and white pepper. Stir in the basil just before serving.
- ☐ Make Ahead: The dressing can be refrigerated, covered, for up to 3 days.
- ☐ Serve with arugula, mesclun, raw spinach, cabbage slaw, or fennel slaw.
- ☐ Notes: ONE TABLESPOON: Calories 29 kcal, Protein .3 gm, Carbohydrate 4 gm, Cholesterol 0, Total Fat 4 gm, Saturated Fat .2 gm

Nutrition Facts



Properties

Glycemic Index:70.8, Glycemic Load:8.08, Inflammation Score:-6, Nutrition Score:10.196521909341%

Flavonoids

Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg Hesperetin: 15.69mg, Hesperetin: 15.69mg, Hesperetin: 15.69mg, Hesperetin: 15.69mg Naringenin: 2.74mg, Naringenin: 2.74mg, Naringenin: 2.74mg, Naringenin: 2.74mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 132.77kcal (6.64%), Fat: 6.13g (9.43%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 19.17g (6.39%), Net Carbohydrates: 16.66g (6.06%), Sugar: 12.44g (13.82%), Cholesterol: 0mg (0%), Sodium: 48.34mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin C: 70.52mg (85.48%), Vitamin K: 33.08µg (31.51%), Potassium: 460.81mg (13.17%), Folate: 51.53µg (12.88%), Manganese: 0.25mg (12.74%), Fiber: 2.52g (10.07%), Vitamin B1: 0.12mg (8.25%), Vitamin E: 1.14mg (7.63%), Magnesium: 26.52mg (6.63%), Vitamin A: 315.57IU (6.31%), Iron: 1.03mg (5.73%), Copper: 0.11mg (5.55%), Phosphorus: 52.85mg (5.29%), Calcium: 48.81mg (4.88%), Vitamin B3: 0.84mg (4.21%), Vitamin B6: 0.08mg (4.03%), Vitamin B5: 0.36mg (3.59%), Vitamin B2: 0.06mg (3.45%), Selenium: 1.2µg (1.72%), Zinc: 0.21mg (1.4%)