



Persimmon and Fennel Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



279 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups fennel bulb thinly sliced (1 large bulb)
- ☐ 0.3 cup chives fresh chopped
- ☐ 1 ounce goat cheese crumbled
- ☐ 1.5 teaspoons olive oil
- ☐ 4 persimmons peeled cut into 6 wedges and
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons shallots finely chopped
- ☐ 2 teaspoons sugar

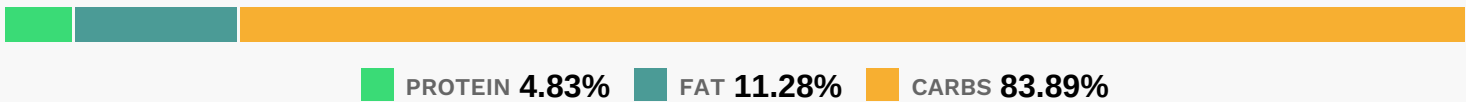
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a large bowl, stirring well with a whisk.
- ☐ Add fennel, chives, and persimmons; toss gently to coat. Divide fennel mixture evenly among 4 plates. Top each serving with 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:68.02, Glycemic Load:31.01, Inflammation Score:-6, Nutrition Score:11.872173968865%

Flavonoids

Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 279.35kcal (13.97%), Fat: 3.83g (5.89%), Saturated Fat: 1.3g (8.16%), Carbohydrates: 64.08g (21.36%), Net Carbohydrates: 61.81g (22.48%), Sugar: 5.06g (5.63%), Cholesterol: 3.26mg (1.09%), Sodium: 353.73mg (15.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Vitamin C: 120.6mg (146.18%), Vitamin K: 47.58µg (45.31%), Iron: 4.97mg (27.6%), Potassium: 821.58mg (23.47%), Phosphorus: 99.7mg (9.97%), Calcium: 92.62mg (9.26%), Fiber: 2.28g (9.11%), Manganese: 0.18mg (8.79%), Folate: 22.81µg (5.7%), Vitamin A: 270.36IU (5.41%), Copper: 0.11mg (5.3%), Vitamin E: 0.62mg (4.11%), Magnesium: 14.85mg (3.71%), Vitamin B6: 0.07mg (3.47%), Vitamin B2: 0.05mg (3.08%), Vitamin B3: 0.48mg (2.38%), Vitamin B5: 0.22mg (2.24%), Zinc: 0.23mg (1.56%), Vitamin B1: 0.02mg (1.1%), Selenium: 0.76µg (1.08%)