



Pink Grapefruit, Fennel, and Parmesan Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



154 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 heads belgian endive halved lengthwise cut lengthwise into thin strips
- ☐ 1 head boston lettuce
- ☐ 1.5 tablespoons champagne vinegar
- ☐ 1 cup fennel bulb fresh thinly sliced
- ☐ 3 small pink grapefruits
- ☐ 0.5 teaspoon honey
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 ounce parmesan cheese shaved with vegetable peeler

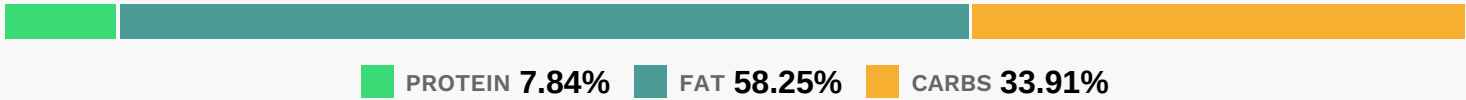
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk vinegar and honey in large bowl to blend.
- ☐ Whisk in olive oil; season dressing to taste with salt and pepper.
- ☐ Add endive, butter lettuce, and fennel to bowl; toss to coat. Top salad with grapefruit sections, then Parmesan cheese, and serve.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:2.84, Inflammation Score:-9, Nutrition Score:9.8030435766863%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg Naringenin: 32.64mg, Naringenin: 32.64mg, Naringenin: 32.64mg, Naringenin: 32.64mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 153.6kcal (7.68%), Fat: 10.47g (16.1%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 13.71g (4.57%), Net Carbohydrates: 10.82g (3.93%), Sugar: 8.23g (9.15%), Cholesterol: 3.21mg (1.07%), Sodium: 85.45mg (3.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Vitamin A: 2111.22IU (42.22%), Vitamin C: 34.46mg (41.77%), Vitamin K: 42.4µg (40.38%), Fiber: 2.9g (11.59%), Folate: 43.63µg (10.91%), Vitamin E: 1.57mg (10.46%), Calcium: 98.26mg (9.83%), Potassium: 303.17mg (8.66%), Phosphorus: 71.92mg (7.19%), Manganese: 0.12mg (5.96%), Vitamin B1: 0.07mg (4.85%), Magnesium: 19mg (4.75%), Vitamin B6: 0.09mg (4.7%), Vitamin B2: 0.07mg (4.3%), Vitamin B5: 0.38mg (3.84%), Iron: 0.67mg (3.74%), Copper: 0.06mg (2.85%), Vitamin B3: 0.44mg (2.18%), Selenium: 1.47µg (2.1%), Zinc: 0.31mg (2.09%)