



Prune, Orange, Fennel, and Red Onion Salad with Mixed Greens



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



283 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 medium fennel bulbs with fronds; 1 tablespoon fronds chopped, bulbs trimmed and thinly sliced
- ☐ 0.3 teaspoon fennel seeds
- ☐ 6 cups baby greens mixed
- ☐ 2 tablespoons olive oil
- ☐ 2 onion rings red thin
- ☐ 0.5 cup orange juice
- ☐ 0.5 teaspoon orange peel grated

- ☐ 2 oranges
- ☐ 1 cup prune- cut to pieces dried pitted
- ☐ 2 tablespoons onion red minced
- ☐ 2 tablespoons sherry wine vinegar

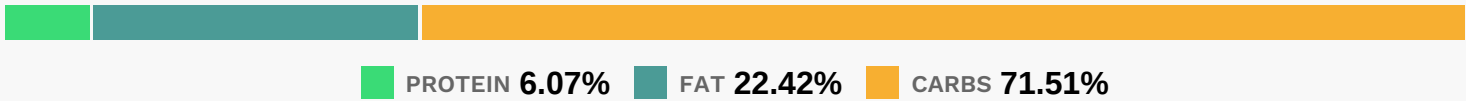
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in small saucepan. Bring to boil. Reduce heat; cover and simmer until prunes are soft and juice is reduced to 2 tablespoons, about 6 minutes.
- ☐ Transfer prunes to bowl; reserve juice. Chill prunes until cold, about 2 hours.
- ☐ Cut into quarters.
- ☐ Cut peel and white pith from oranges. Working over bowl to catch juice and using small sharp knife, cut between membranes to release segments.
- ☐ Combine 2 tablespoons orange juice from bowl, oil, vinegar, grated orange peel, and reserved prune juice; whisk to blend. Season dressing with salt and pepper.
- ☐ Gently toss orange segments, minced red onion, 1 tablespoon fennel fronds, and 1 tablespoon dressing in medium bowl.
- ☐ Combine mixed greens, onion rings, and fennel bulbs in large bowl. Toss with remaining dressing. Divide salad among 4 plates. Top with prunes and orange mixture.
- ☐ Per serving: calories, 250; total fat, 7 g; saturated fat, 1 g; cholesterol, 0
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:55.63, Glycemic Load:14.88, Inflammation Score:-9, Nutrition Score:21.638695602832%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 21.55mg, Hesperetin: 21.55mg, Hesperetin: 21.55mg, Hesperetin: 21.55mg Naringenin: 10.7mg, Naringenin: 10.7mg, Naringenin: 10.7mg, Naringenin: 10.7mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 13.6mg, Quercetin: 13.6mg, Quercetin: 13.6mg, Quercetin: 13.6mg

Nutrients (% of daily need)

Calories: 282.98kcal (14.15%), Fat: 7.66g (11.79%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 54.97g (18.32%), Net Carbohydrates: 45.53g (16.56%), Sugar: 32.44g (36.05%), Cholesterol: 0mg (0%), Sodium: 80.88mg (3.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.34%), Vitamin C: 83.41mg (101.1%), Vitamin K: 103.84µg (98.9%), Fiber: 9.45g (37.78%), Potassium: 1179.8mg (33.71%), Vitamin A: 1389.91IU (27.8%), Manganese: 0.55mg (27.57%), Folate: 95.96µg (23.99%), Vitamin B6: 0.32mg (15.84%), Magnesium: 61.12mg (15.28%), Copper: 0.3mg (14.91%), Phosphorus: 145.02mg (14.5%), Vitamin E: 2.02mg (13.44%), Calcium: 129.66mg (12.97%), Vitamin B2: 0.2mg (11.81%), Vitamin B3: 2.28mg (11.42%), Iron: 1.99mg (11.05%), Vitamin B1: 0.17mg (11.01%), Vitamin B5: 0.82mg (8.25%), Zinc: 0.72mg (4.82%), Selenium: 1.85µg (2.64%)