



Radish and Fennel Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



38 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup celery thinly sliced
- ☐ 1 cup fennel bulb thinly sliced
- ☐ 5 tablespoons juice of lemon fresh
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 1 tablespoon niçoise olives finely chopped
- ☐ 1 cup radishes thinly sliced
- ☐ 0.3 teaspoon salt

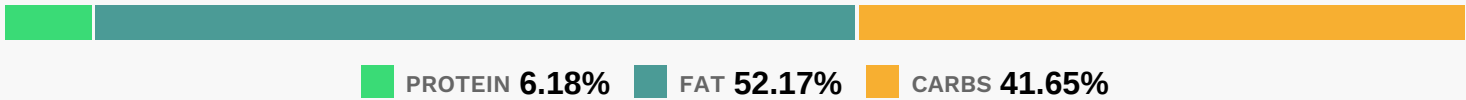
Equipment

☐ bowl

Directions

- ☐ Combine radishes, fennel, celery, and olives in a large bowl.
- ☐ Combine lemon juice, olive oil, salt, and black pepper.
- ☐ Drizzle juice mixture over radish mixture.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.65, Inflammation Score:-2, Nutrition Score:3.6617391161297%

Flavonoids

Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg Eriodictyol: 1.15mg, Eriodictyol: 1.15mg, Eriodictyol: 1.15mg, Eriodictyol: 1.15mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 38.17kcal (1.91%), Fat: 2.45g (3.77%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 4.4g (1.47%), Net Carbohydrates: 2.91g (1.06%), Sugar: 2.05g (2.27%), Cholesterol: 0mg (0%), Sodium: 209.51mg (9.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.31%), Vitamin K: 19.17µg (18.26%), Vitamin C: 14.55mg (17.64%), Potassium: 212.3mg (6.07%), Fiber: 1.49g (5.98%), Folate: 21.5µg (5.37%), Manganese: 0.09mg (4.66%), Vitamin E: 0.55mg (3.69%), Calcium: 25.79mg (2.58%), Vitamin B6: 0.05mg (2.49%), Magnesium: 9.55mg (2.39%), Phosphorus: 21.48mg (2.15%), Copper: 0.04mg (2.02%), Vitamin A: 97.53IU (1.95%), Iron: 0.33mg (1.84%), Vitamin B2: 0.03mg (1.68%), Vitamin B5: 0.16mg (1.56%), Vitamin B3: 0.28mg (1.38%), Zinc: 0.15mg (1.02%)