



# Romaine and Fennel Salad

 Vegetarian  Gluten Free

READY IN

ready

10 min.

SERVINGS

servings

4

CALORIES

calories

286 kcal

- SIDE DISH
- LUNCH
- MAIN COURSE
- MAIN DISH

## Ingredients

- ☐ 4 servings balsamic vinegar
- ☐ 4 servings coarse salt and pepper black
- ☐ 1 large bulb of fennel trimmed
- ☐ 1 sprigs several flat-leaf parsley
- ☐ 4 servings olive oil extra-virgin
- ☐ 4 servings parmigiano reggiano shaved for garnish
- ☐ 0.3 onion red peeled thinly sliced
- ☐ 2 rough cut

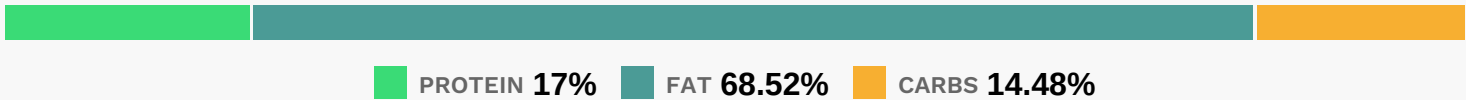
# Equipment

- ☐ bowl
- ☐ knife

# Directions

- ☐ Place chopped or torn romaine in a large salad bowl.
- ☐ Cut fennel bulb down the center, then again, quartering it.
- ☐ Remove the core with angled cuts on each quarter bulb. Thinly slice quarter bulbs across and add to salad bowl.
- ☐ Combine romaine and fennel with parsley sprigs and red onion.
- ☐ Place one fingertip over the top of balsamic vinegar to control the pour and splash a few tablespoons into the bowl.
- ☐ Drizzle the salad generously with extra-virgin olive oil and toss lightly to coat salad evenly with vinegar and oil. Season with salt and pepper, to taste, and top salads with curls of Asiago or Parmigiano, created by shaving cheese with your knife.

# Nutrition Facts



# Properties

Glycemic Index:45.25, Glycemic Load:2.87, Inflammation Score:-10, Nutrition Score:18.598695734273%

# Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

# Nutrients (% of daily need)

Calories: 286.02kcal (14.3%), Fat: 22.04g (33.91%), Saturated Fat: 6.93g (43.33%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 7.35g (2.67%), Sugar: 5.9g (6.55%), Cholesterol: 20.4mg (6.8%), Sodium: 713.71mg (31.03%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.31g (24.61%), Vitamin A: 5255.04IU (105.1%), Vitamin K: 107.72µg (102.59%), Calcium: 409.02mg (40.9%), Phosphorus: 259.58mg (25.96%), Folate: 96.42µg (24.11%), Vitamin E: 2.5mg (16.65%), Potassium: 438.87mg (12.54%), Fiber: 3.13g (12.5%), Vitamin C: 10.12mg (12.27%), Manganese: 0.24mg (11.8%), Selenium: 7.42µg (10.6%), Vitamin B2: 0.16mg (9.31%), Magnesium: 33.79mg (8.45%), Iron: 1.45mg (8.03%), Zinc: 1.1mg (7.33%), Vitamin B12: 0.36µg (6%), Vitamin B6: 0.11mg (5.25%), Copper: 0.08mg (4.13%), Vitamin B1: 0.06mg (4.11%), Vitamin B5: 0.36mg (3.61%), Vitamin B3: 0.64mg (3.22%)