



Shaved Fennel and Apple Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 2 fennel bulb thinly sliced
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 2 apples i use 2 granny smith apples cored peeled halved
- ☐ 0.3 cup juice of lemon freshly squeezed
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 8 servings pepper black freshly ground

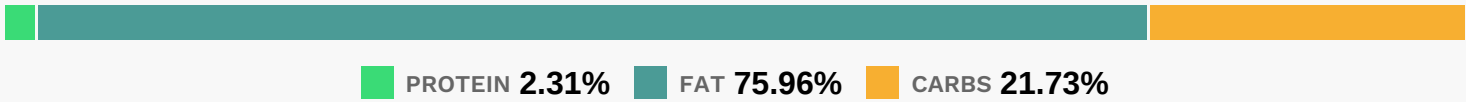
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together the lemon juice, chopped tarragon, and olive and canola oils in a small bowl and season to taste with salt and pepper.
- ☐ Cut the apple into thin slices and place in a medium bowl with the fennel. Toss with the vinaigrette and season to taste with salt and pepper.
- ☐ Adapted from Charlie Trotter Cooks at Home by Charlie Trotter, ©2000 Ten Speed Press.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:3.3, Inflammation Score:-3, Nutrition Score:7.4334782180579%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 210.95kcal (10.55%), Fat: 18.68g (28.73%), Saturated Fat: 2.03g (12.7%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 8.94g (3.25%), Sugar: 7.22g (8.03%), Cholesterol: 0mg (0%), Sodium: 32.24mg (1.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Vitamin K: 49.98µg (47.6%), Vitamin E: 3.36mg (22.42%), Vitamin C: 12.94mg (15.68%), Manganese: 0.28mg (14.04%), Fiber: 3.08g (12.33%), Potassium: 353mg (10.09%), Iron: 1.11mg (6.18%), Folate: 23.5µg (5.87%), Calcium: 52.32mg (5.23%), Magnesium: 18.92mg (4.73%), Vitamin B6: 0.09mg (4.61%), Phosphorus: 40.5mg (4.05%), Vitamin A: 177.46IU (3.55%), Copper: 0.07mg (3.26%), Vitamin B2: 0.06mg (3.25%), Vitamin B3: 0.58mg (2.9%), Vitamin B5: 0.17mg (1.75%), Zinc: 0.21mg (1.39%), Vitamin B1: 0.02mg (1.33%)