



Shaved Fennel and Arugula Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



84 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 fennel bulb with stalks
- 1 orange juice grated
- 0.3 cup olive oil
- 1 tablespoon apple cider vinegar
- 0.3 teaspoon salt
- 4 cups baby arugula
- 1 oz feta cheese crumbled

Equipment

- bowl
- knife
- whisk
- mandoline
- cutting board

Directions

- Cut stalks from fennel bulb; reserve about 2 tablespoons greens (discard stems or save for making broth). On cutting board, place bulb, top side up. With sharp knife or mandoline, cut bulb in half, then cut into thin slices.
- In large bowl, mix orange peel and juice, oil, vinegar and salt with whisk.
- Add sliced fennel; toss to coat.
- Let stand at least 20 minutes.
- Just before serving, add arugula, cheese and reserved fennel greens; toss lightly.

Nutrition Facts

PROTEIN 5.39% **FAT 78.87%** **CARBS 15.74%**

Properties

Glycemic Index:24.5, Glycemic Load:1.06, Inflammation Score:-3, Nutrition Score:4.5113043150176%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 84.4kcal (4.22%), Fat: 7.65g (11.77%), Saturated Fat: 1.44g (9%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 2.35g (0.86%), Sugar: 1.99g (2.21%), Cholesterol: 3.15mg (1.05%), Sodium: 131.28mg (5.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.35%), Vitamin K: 33.4µg (31.81%), Vitamin C: 8.76mg (10.62%), Vitamin E: 1.19mg (7.96%), Vitamin A: 306.45IU (6.13%), Folate: 20.98µg (5.25%), Potassium: 176.64mg (5.05%),

Calcium: 48.87mg (4.89%), Manganese: 0.09mg (4.74%), Fiber: 1.08g (4.33%), Phosphorus: 33.19mg (3.32%),
Vitamin B2: 0.05mg (2.95%), Magnesium: 11.27mg (2.82%), Iron: 0.44mg (2.44%), Vitamin B6: 0.04mg (1.95%),
Vitamin B5: 0.16mg (1.6%), Copper: 0.03mg (1.58%), Zinc: 0.21mg (1.41%), Vitamin B3: 0.28mg (1.41%), Vitamin B1:
0.02mg (1.3%), Selenium: 0.78µg (1.11%)