



Shaved Fennel and Green Apple Salad with Orange Dressing and Ricotta Salata



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



310 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 1 bulb fennel shaved with a knife or mandoline (2 to 3 cups), fronds reserved and chopped
- ☐ 1 apples i use 2 granny smith apples cored peeled sliced into 1/ slices, then cut into matchsticks
- ☐ 1 juice of lemon juiced
- ☐ 2 juice of orange juiced
- ☐ 0.3 cup olive oil
- ☐ 0.5 orange zest

- ☐ 15 grinds pepper black
- ☐ 0.3 pound ricotta salata shaved
- ☐ 2 pinches couple salt
- ☐ 1 large shallots minced

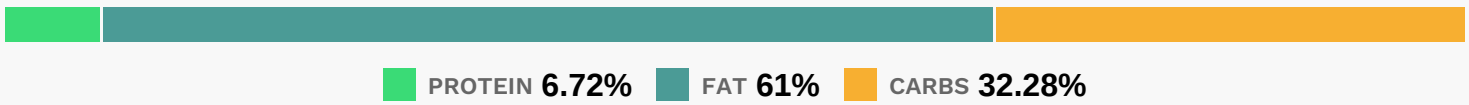
Equipment

- ☐ mixing bowl

Directions

- ☐ Combine dressing ingredients in a sealable container and shake to emulsify.
- ☐ Combine shaved fennel, some of the fronds, and apple in a mixing bowl and toss. Toss the salad with the dressing. Distribute between serving plates. Top with shaved cheese and scatter a few more chopped fennel fronds over the top.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:3.72, Inflammation Score:-7, Nutrition Score:14.969565401907%

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: 20.22mg, Hesperetin: 20.22mg, Hesperetin: 20.22mg, Hesperetin: 20.22mg Naringenin: 6.32mg, Naringenin: 6.32mg, Naringenin: 6.32mg, Naringenin: 6.32mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 310.21kcal (15.51%), Fat: 22.24g (34.21%), Saturated Fat: 4.98g (31.12%), Carbohydrates: 26.48g (8.83%), Net Carbohydrates: 20.37g (7.41%), Sugar: 15.29g (16.98%), Cholesterol: 14.46mg (4.82%), Sodium: 278.79mg (12.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.02%), Vitamin C: 64.24mg (77.86%), Vitamin K: 55.11µg (52.49%), Manganese: 0.66mg (33.15%), Fiber: 6.11g (24.44%), Vitamin E: 3.24mg (21.58%), Potassium: 548.3mg (15.67%), Calcium: 148.95mg (14.9%), Folate: 54.75µg (13.69%), Phosphorus: 112.15mg (11.21%), Vitamin A: 468.23IU (9.36%), Magnesium: 34.34mg (8.59%), Vitamin B2: 0.14mg (8.31%), Vitamin B6: 0.17mg (8.26%), Selenium: 5.64µg (8.05%), Copper: 0.15mg (7.48%), Iron: 1.29mg (7.17%), Vitamin B1: 0.09mg (6.07%), Vitamin B5: 0.54mg (5.4%), Vitamin B3: 0.89mg (4.47%), Zinc: 0.62mg (4.16%), Vitamin B12: 0.1µg (1.61%)