



Shaved Fennel, Radish, and Grapefruit Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



8

CALORIES



185 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 medium fennel bulb (sometimes called anise;)
- ☐ 2 tablespoons fennel seeds crushed
- ☐ 1 medium garlic clove
- ☐ 0.3 cup olive oil
- ☐ 4 grapefruit red
- ☐ 1 lb radishes with greens), trimmed
- ☐ 0.5 teaspoon salt

Equipment

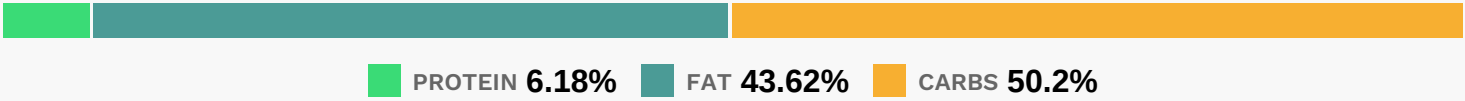
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ cutting board

Directions

- ☐ Heat oil with fennel seeds in a small heavy saucepan over moderate heat until seeds are fragrant and pale golden, 1 to 2 minutes.
- ☐ Remove from heat and let steep 2 hours.
- ☐ While seeds are steeping, quarter fennel bulbs lengthwise and cut out and discard most of cores, leaving just enough core to keep quarters of fennel intact.
- ☐ Cut fennel lengthwise into paper-thin slices with slicer.
- ☐ Transfer to a large bowl.
- ☐ Cut radishes crosswise into very thin slices (slightly thicker than fennel slices) with slicer and add to fennel in bowl.
- ☐ Cut peel, including all white pith, from grapefruits with a small sharp knife. Working over a bowl, cut segments free from membranes and squeeze juice from membranes into bowl.
- ☐ Transfer segments to a cutting board, reserving juice in bowl, and coarsely chop, then add to fennel and radishes.
- ☐ Pour fennel oil through a fine-mesh sieve into a small bowl. (Discard seeds.)
- ☐ Mince garlic and mash to a paste with a pinch of salt using a large heavy knife, then transfer to another small bowl.
- ☐ Whisk in salt, pepper, fennel oil, and 5 tablespoons grapefruit juice, then pour over salad, tossing gently to coat.
- ☐ · Fennel oil can be made 1 day ahead and chilled in an airtight container. Bring to room temperature before using.· Fennel and radishes can be sliced 6 hours ahead and chilled,

covered with dampened paper towels.· Grapefruit can be chopped 6 hours ahead and chilled, covered. Chill juice separately.· Dressing can be made 2 hours ahead and kept at room temperature or chilled, covered.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:5.49, Inflammation Score:-9, Nutrition Score:16.318695850994%

Flavonoids

Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 41.78mg, Naringenin: 41.78mg, Naringenin: 41.78mg, Naringenin: 41.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 184.55kcal (9.23%), Fat: 9.7g (14.92%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 25.11g (8.37%), Net Carbohydrates: 17.91g (6.51%), Sugar: 14.48g (16.08%), Cholesterol: 0mg (0%), Sodium: 229.87mg (9.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Vitamin C: 62.8mg (76.12%), Vitamin K: 79.74µg (75.94%), Vitamin A: 1635.15IU (32.7%), Fiber: 7.2g (28.81%), Potassium: 817.15mg (23.35%), Manganese: 0.4mg (20.17%), Folate: 62.43µg (15.61%), Vitamin E: 2.14mg (14.28%), Calcium: 118.74mg (11.87%), Magnesium: 43.06mg (10.76%), Phosphorus: 100.86mg (10.09%), Vitamin B6: 0.17mg (8.75%), Iron: 1.49mg (8.29%), Copper: 0.16mg (8.23%), Vitamin B5: 0.7mg (7.03%), Vitamin B3: 1.25mg (6.24%), Vitamin B2: 0.11mg (6.18%), Vitamin B1: 0.08mg (5.37%), Zinc: 0.54mg (3.62%), Selenium: 1.34µg (1.92%)