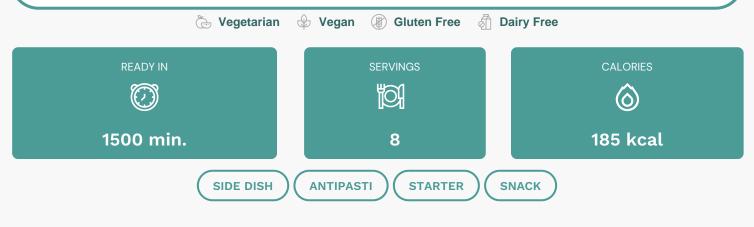


# Shaved Fennel, Radish, and Grapefruit Salad



## **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**

PROTEIN 6.18% FAT 43.62% CARBS 50.2%

#### **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, Pelargonidin: 35.79mg Eriodictyol: 1.26mg, 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, Naringenin: 41.78mg, Naringenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: Omg (0%), Sodium: 229.87mg (9.99%), Alcohol: Og (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%)