



Shaved Fennel Salad

 Gluten Free

READY IN



8 min.

SERVINGS



2

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

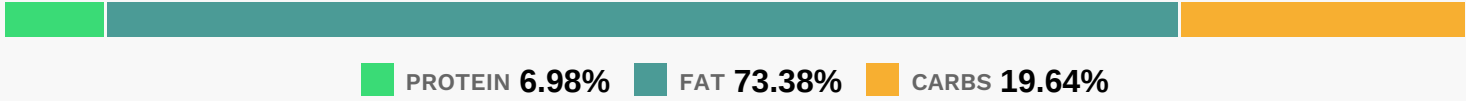
- ☐ 1 fennel bulb paper thin with a mandoline or meat slicer shaved
- ☐ 2 Tbsp olive oil extra virgin
- ☐ 1 Tbsp juice of lemon fresh
- ☐ 0.1 teaspoon thyme leaves fresh chopped
- ☐ 1 Tbsp flat-leafed parsley chopped
- ☐ 2 Tbsp parmesan cheese shaved

Equipment

Directions

☐ Gently toss all of the ingredients together.

Nutrition Facts



Properties

Glycemic Index:74.5, Glycemic Load:2.28, Inflammation Score:-5, Nutrition Score:11.248260873167%

Flavonoids

Eriodictyol: 1.63mg, Eriodictyol: 1.63mg, Eriodictyol: 1.63mg, Eriodictyol: 1.63mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.11mg, Apigenin: 4.11mg, Apigenin: 4.11mg, Apigenin: 4.11mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 182.09kcal (9.1%), Fat: 15.56g (23.94%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 9.37g (3.12%), Net Carbohydrates: 5.64g (2.05%), Sugar: 4.84g (5.38%), Cholesterol: 3.4mg (1.13%), Sodium: 142.37mg (6.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Vitamin K: 113.15µg (107.76%), Vitamin C: 19.67mg (23.84%), Vitamin E: 2.73mg (18.21%), Fiber: 3.73g (14.92%), Potassium: 508.13mg (14.52%), Calcium: 120.25mg (12.02%), Manganese: 0.23mg (11.53%), Phosphorus: 95.03mg (9.5%), Folate: 36.38µg (9.1%), Vitamin A: 362.27IU (7.25%), Iron: 1.12mg (6.22%), Magnesium: 23.69mg (5.92%), Copper: 0.08mg (4.18%), Vitamin B3: 0.8mg (3.98%), Vitamin B2: 0.06mg (3.39%), Vitamin B6: 0.07mg (3.26%), Vitamin B5: 0.31mg (3.12%), Selenium: 1.95µg (2.79%), Zinc: 0.4mg (2.65%), Vitamin B1: 0.02mg (1.14%)