



Shaved Fennel Salad

 Gluten Free

READY IN



8 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup celery leaves loosely packed coarsely chopped
- ☐ 8 cups fennel bulb thinly sliced (2 bulbs)
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup parmesan cheese fresh shaved
- ☐ 10 ounce italian-blend salad greens (8 cups)
- ☐ 0.3 teaspoon salt

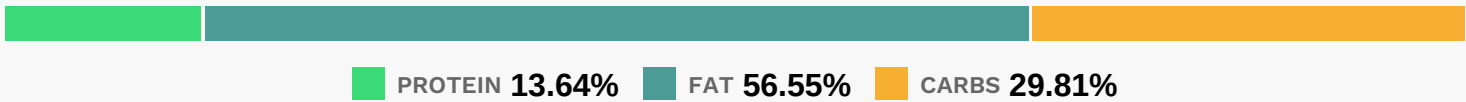
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a large bowl, stirring with a whisk.
- ☐ Add fennel, greens, and celery leaves; toss well.
- ☐ Add cheese, and toss gently.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:1.75, Inflammation Score:-6, Nutrition Score:9.33260872377%

Flavonoids

Eriodictyol: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 106.32kcal (5.32%), Fat: 7.1g (10.92%), Saturated Fat: 1.84g (11.5%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 5.53g (2.01%), Sugar: 3.74g (4.16%), Cholesterol: 4.25mg (1.42%), Sodium: 235.31mg (10.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Vitamin K: 60.89µg (57.99%), Vitamin C: 21.14mg (25.63%), Potassium: 459.2mg (13.12%), Calcium: 125.89mg (12.59%), Vitamin A: 612.9IU (12.26%), Manganese: 0.24mg (11.92%), Fiber: 2.89g (11.55%), Folate: 41.72µg (10.43%), Phosphorus: 103.61mg (10.36%), Vitamin E: 1.31mg (8.73%), Magnesium: 22.97mg (5.74%), Iron: 0.97mg (5.39%), Vitamin B2: 0.07mg (4.29%), Vitamin B6: 0.09mg (4.25%), Copper: 0.08mg (4.12%), Vitamin B3: 0.81mg (4.03%), Selenium: 2.21µg (3.15%), Vitamin B5: 0.31mg (3.05%), Zinc: 0.44mg (2.91%), Vitamin B1: 0.03mg (1.68%), Vitamin B12: 0.08µg (1.25%)