



Shaved Fennel Salad with Almonds and Mint



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



60 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons almonds toasted sliced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 3.5 cups fennel bulb thinly sliced 1 medium bulb
- ☐ 2 tablespoons mint leaves fresh thinly sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup thinly onion red vertically sliced
- ☐ 0.5 teaspoon salt

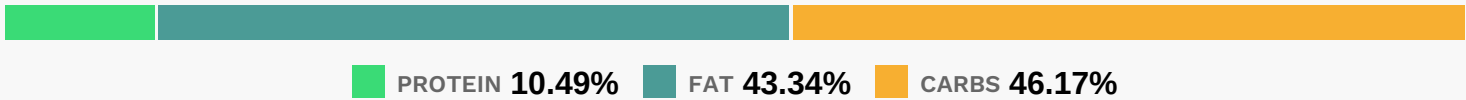
Equipment

☐ bowl

Directions

- ☐ Combine first 7 ingredients in a large bowl; toss well to combine.
- ☐ Let stand at room temperature 1 hour.
- ☐ Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:1.55, Inflammation Score:-4, Nutrition Score:5.7152174270671%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg

Nutrients (% of daily need)

Calories: 59.96kcal (3%), Fat: 3.16g (4.85%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 4.95g (1.8%), Sugar: 3.4g (3.77%), Cholesterol: 0mg (0%), Sodium: 221.89mg (9.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Vitamin K: 32.92µg (31.35%), Vitamin C: 10.53mg (12.76%), Manganese: 0.24mg (11.94%), Fiber: 2.61g (10.45%), Vitamin E: 1.35mg (9.02%), Potassium: 289.27mg (8.26%), Folate: 23.15µg (5.79%), Magnesium: 22.08mg (5.52%), Phosphorus: 50.89mg (5.09%), Calcium: 44.82mg (4.48%), Copper: 0.09mg (4.29%), Vitamin B2: 0.07mg (3.93%), Iron: 0.66mg (3.64%), Vitamin B6: 0.07mg (3.26%), Vitamin A: 140.13IU (2.8%), Vitamin B3: 0.51mg (2.55%), Zinc: 0.27mg (1.82%), Vitamin B5: 0.18mg (1.8%), Vitamin B1: 0.03mg (1.79%)