



Shaved Fennel Salad with Orange, Green Olives, and Pistachios

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



184 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 cup dry-roasted pistachios unsalted shelled
- 2 medium fennel bulbs with stalks (2 pounds)
- 3 ounces olives green pitted coarsely chopped
- 0.1 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh
- 2 tablespoons olive oil extra-virgin

- 1 tablespoon orange rind grated
- 0.8 cup orange sections (2 large oranges)

Equipment

- bowl

Directions

- Combine first 7 ingredients in a large bowl; toss gently to combine.
- Trim the tough outer leaves from fennel, and mince feathery fronds to measure 2 tablespoons.
- Remove and discard stalks.
- Cut fennel bulb in half lengthwise, and discard core. Thinly slice fennel bulbs.
- Add fennel slices to juice mixture, and toss gently to combine.
- Sprinkle with fennel fronds and nuts.

Nutrition Facts

PROTEIN 11.31% **FAT 66.4%** **CARBS 22.29%**

Properties

Glycemic Index:14.94, Glycemic Load:1.79, Inflammation Score:-4, Nutrition Score:9.6230434334796%

Flavonoids

Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg Hesperetin: 4.87mg, Hesperetin: 4.87mg, Hesperetin: 4.87mg, Hesperetin: 4.87mg Naringenin: 2.61mg, Naringenin: 2.61mg, Naringenin: 2.61mg, Naringenin: 2.61mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 183.78kcal (9.19%), Fat: 14.59g (22.45%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 11.02g (3.67%), Net Carbohydrates: 6.78g (2.46%), Sugar: 4.9g (5.45%), Cholesterol: 0mg (0%), Sodium: 309.6mg (13.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.19%), Vitamin K: 39.1µg (37.23%), Manganese: 0.51mg (25.74%), Vitamin C: 17.74mg (21.51%), Fiber: 4.25g (16.98%), Vitamin B3: 3.16mg (15.78%), Vitamin E: 2.21mg (14.72%), Magnesium: 46.56mg (11.64%), Potassium: 400.47mg (11.44%), Phosphorus: 100.51mg (10.05%), Folate: 39.97µg

(9.99%), Copper: 0.14mg (7.05%), Vitamin B6: 0.13mg (6.53%), Calcium: 53.47mg (5.35%), Iron: 0.83mg (4.59%),
Vitamin B5: 0.45mg (4.49%), Zinc: 0.66mg (4.37%), Vitamin B2: 0.06mg (3.78%), Vitamin B1: 0.05mg (3.51%),
Selenium: 2.35µg (3.35%), Vitamin A: 161.74IU (3.23%)