

Shaved-Fennel Salad with Oranges and Pecorino

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



221 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 medium fennel bulb ()
- 2 navel oranges
- 3 tablespoon olive oil extra virgin extra-virgin
- 0.3 cup pecorino cheese grated
- 0.8 cup pomegranate juice

Equipment

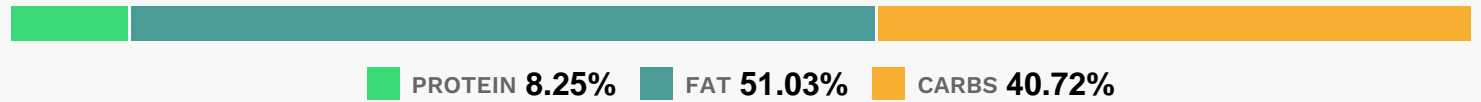
- bowl

- sauce pan
- whisk
- measuring cup

Directions

- Boil pomegranate juice in a small heavy saucepan until reduced to about 1/4 cup, about 6 minutes.
- Transfer to a small bowl or measuring cup and quick-chill in an ice bath.
- Meanwhile, cut fennel into paper-thin slices with slicer.
- Cut peel, including all white pith, from oranges.
- Cut segments free from membranes and coarsely chop.
- Whisk 1/2 teaspoon salt into pomegranate juice, then whisk in oil.
- Arrange fennel and oranges on salad plates or put in a large salad bowl.
- Sprinkle with cheese and drizzle with dressing. Season with pepper.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:2.29, Inflammation Score:-6, Nutrition Score:14.604348049216%

Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 220.85kcal (11.04%), Fat: 13.22g (20.34%), Saturated Fat: 3.03g (18.93%), Carbohydrates: 23.74g (7.91%), Net Carbohydrates: 18.52g (6.74%), Sugar: 16.49g (18.32%), Cholesterol: 8.67mg (2.89%), Sodium: 165.95mg

(7.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Vitamin K: 84.84µg (80.8%), Vitamin C: 55.46mg (67.22%), Fiber: 5.21g (20.85%), Potassium: 707.76mg (20.22%), Calcium: 181.34mg (18.13%), Folate: 67.18µg (16.79%), Vitamin E: 2.49mg (16.61%), Manganese: 0.29mg (14.49%), Phosphorus: 143.07mg (14.31%), Magnesium: 34.27mg (8.57%), Vitamin A: 364.26IU (7.29%), Vitamin B6: 0.14mg (6.8%), Vitamin B2: 0.11mg (6.53%), Vitamin B5: 0.62mg (6.23%), Iron: 1.11mg (6.19%), Copper: 0.12mg (5.84%), Vitamin B3: 1.16mg (5.81%), Vitamin B1: 0.07mg (4.63%), Zinc: 0.55mg (3.65%), Selenium: 2.17µg (3.1%), Vitamin B12: 0.09µg (1.56%)