



Sicilian Fennel and Orange Salad with Red Onion and Mint



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



185 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 blood oranges
- ☐ 1 large fennel bulb cored halved lengthwise very thinly sliced
- ☐ 16 small mint leaves fresh
- ☐ 20 oil-cured olives black
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 cup onion red very thinly sliced

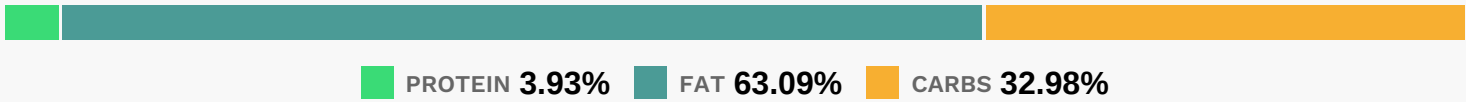
Equipment

☐ bowl

Directions

- ☐ Cut peel and pith from oranges.
- ☐ Cut between membranes to release segments.
- ☐ Toss orange segments, fennel, onion, mint, and oil in large bowl to coat. Season salad generously to taste with salt and pepper.
- ☐ Transfer salad to platter.
- ☐ Garnish with olives and serve immediately.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:1.52, Inflammation Score:-6, Nutrition Score:10.456086967302%

Flavonoids

Eriodictyol: 1.87mg, Eriodictyol: 1.87mg, Eriodictyol: 1.87mg, Eriodictyol: 1.87mg Hesperetin: 15.72mg, Hesperetin: 15.72mg, Hesperetin: 15.72mg, Hesperetin: 15.72mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

Nutrients (% of daily need)

Calories: 185.05kcal (9.25%), Fat: 13.84g (21.29%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 16.28g (5.43%), Net Carbohydrates: 11.61g (4.22%), Sugar: 9.2g (10.23%), Cholesterol: 0mg (0%), Sodium: 345.37mg (15.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.88%), Vitamin C: 51.14mg (61.99%), Vitamin K: 43.42µg (41.35%), Fiber: 4.67g (18.69%), Vitamin E: 2.72mg (18.15%), Folate: 48.56µg (12.14%), Potassium: 418.86mg (11.97%), Manganese: 0.2mg (10.24%), Vitamin A: 500.21IU (10%), Calcium: 83.59mg (8.36%), Magnesium: 25.05mg (6.26%), Vitamin B6: 0.12mg (5.91%), Copper: 0.11mg (5.54%), Phosphorus: 54.87mg (5.49%), Iron: 0.92mg (5.11%), Vitamin B1: 0.07mg (4.68%), Vitamin B2: 0.07mg (4.23%), Vitamin B3: 0.81mg (4.05%), Vitamin B5: 0.36mg (3.61%), Zinc: 0.26mg (1.73%)