



Spanish Anchovy, Fennel, and Preserved Lemon Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



162 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 ounces baby arugula
- ☐ 1 large fennel bulb divided very thinly sliced
- ☐ 9 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 tablespoon simple preserved lemons homemade minced
- ☐ 0.5 small onion red divided very thinly sliced
- ☐ 3 tablespoons red wine vinegar
- ☐ 8 ounces vinegar smoked white spanish

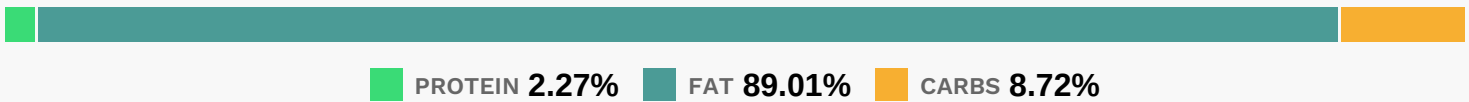
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk oil and vinegar in small bowl. Season dressing with salt and pepper.
- ☐ Combine mche, 1/2 cup fennel, 1/3 cup onion, and preserved lemon in large bowl. Toss with enough dressing to coat. Arrange on platter. Top with remaining fennel and onion, then anchovies.
- ☐ Drizzle with more dressing and serve.
- ☐ Combine 1 thinly sliced lemon, 1/2 cup lemon juice, and 4 teaspoons coarse sea salt in small skillet. Bring to boil; reduce heat and simmer, covered, until almost tender, about 10 minutes. Cool.
- ☐ One serving contains the following: Calories (kcal) 228.82, % Calories from Fat 73.5, Fat (g) 18.63, Saturated Fat (g) 2.83, Cholesterol (mg) 24.10, Carbohydrates (g) 6.67, Dietary Fiber (g) 2.80, Total Sugars (g) 0.31, Net Carbs (g) 3.87, Protein (g) 9.39
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:5.6039129728856%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg Kaempferol: 6.23mg, Kaempferol: 6.23mg, Kaempferol: 6.23mg, Kaempferol: 6.23mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 162.18kcal (8.11%), Fat: 15.94g (24.52%), Saturated Fat: 2.22g (13.87%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 2.14g (0.78%), Sugar: 1.87g (2.08%), Cholesterol: 0mg (0%), Sodium: 21.6mg (0.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.83%), Vitamin K: 47.19µg (44.94%), Vitamin E: 2.52mg (16.77%), Vitamin A: 459.79IU (9.2%), Vitamin C: 6.7mg (8.13%), Manganese: 0.14mg (6.99%), Folate: 26.39µg (6.6%), Potassium: 199.43mg (5.7%), Fiber: 1.39g (5.58%), Calcium: 46.46mg (4.65%), Magnesium: 14.5mg (3.62%), Iron: 0.61mg (3.38%), Phosphorus: 27.42mg (2.74%), Copper: 0.04mg (1.89%), Vitamin B6: 0.03mg (1.75%), Vitamin B2: 0.03mg (1.56%), Vitamin B5: 0.15mg (1.54%), Vitamin B3: 0.25mg (1.25%), Zinc: 0.16mg (1.05%)