



Spring greens, fennel & apples



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



85 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 large head the salad shredded finely
- ☐ 1 fennel bulb finely sliced (reserve the fronds)
- ☐ 2 apple green finely sliced cut into matchsticks
- ☐ 0.5 juice of lemon

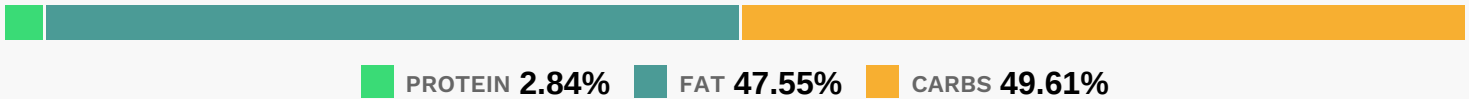
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat the oil in a wok or a large pan.
- ☐ Add the spring greens, fennel and apples, season and stir-fry for 2–3 mins to wilt the veg.
- ☐ Add the lemon juice and cook for 1 min more until everything is cooked but still has a nice bite.
- ☐ Sprinkle with the reserved fronds and serve straight away.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:2.95, Inflammation Score:-2, Nutrition Score:3.9917391616365%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 85.47kcal (4.27%), Fat: 4.85g (7.47%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 11.4g (3.8%), Net Carbohydrates: 8.72g (3.17%), Sugar: 7.91g (8.78%), Cholesterol: 0mg (0%), Sodium: 21.05mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Vitamin K: 28.64µg (27.27%), Fiber: 2.67g (10.69%), Vitamin C: 8.48mg (10.27%), Vitamin E: 1.01mg (6.74%), Potassium: 229.28mg (6.55%), Manganese: 0.1mg (4.81%), Folate: 12.91µg (3.23%), Phosphorus: 26.44mg (2.64%), Magnesium: 9.83mg (2.46%), Calcium: 22.97mg (2.3%), Vitamin B6: 0.04mg (2.22%), Iron: 0.39mg (2.15%), Copper: 0.04mg (2.13%), Vitamin A: 87.06IU (1.74%), Vitamin B2: 0.03mg (1.69%), Vitamin B3: 0.31mg (1.54%), Vitamin B5: 0.13mg (1.31%)