



Spring Greens with Orange-Fennel Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



115 kcal

SIDE DISH

Ingredients

- ☐ 3 blood oranges seedless
- ☐ 2 tablespoons fennel bulb chopped
- ☐ 0.3 cup fennel bulb fresh finely chopped
- ☐ 1 tablespoon thyme sprigs fresh
- ☐ 1 cup spring onion chopped
- ☐ 1 teaspoon honey
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 0.3 cup blood orange juice fresh

- ☐ 2 teaspoons orange zest packed grated ()
- ☐ 12 cups the salad mixed assorted (such as arugula, watercress, mâche, and endive)
- ☐ 2 tablespoons shallots minced
- ☐ 0.7 cup walnuts toasted

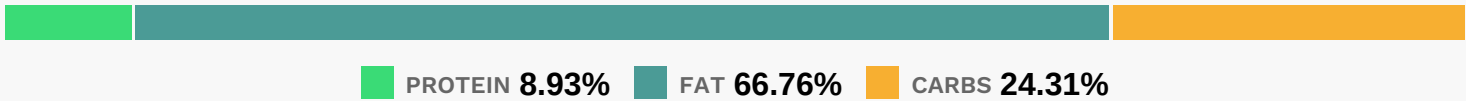
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk orange juice, shallots, thyme, orange peel, and honey in medium bowl to blend. Gradually whisk in oil, then fennel and fennel fronds. Season dressing to taste with salt and pepper. (Can be made 1 day ahead. Cover and chill. Rewhisk before using.)
- ☐ Cut peel and white pith from oranges. Working over bowl, cut between membranes to release orange segments from pith.
- ☐ Combine assorted greens, green onions, and toasted walnuts in large bowl.
- ☐ Drain orange segments and add to salad. Toss salad with enough dressing to coat evenly. Season to taste with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:45.47, Glycemic Load:1.57, Inflammation Score:-9, Nutrition Score:8.353043416272%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 2.25mg, Hesperetin: 2.25mg, Hesperetin: 2.25mg, Hesperetin: 2.25mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 114.83kcal (5.74%), Fat: 9.18g (14.12%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 5.95g (2.16%), Sugar: 2.82g (3.13%), Cholesterol: 0mg (0%), Sodium: 21.69mg (0.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin C: 25.92mg (31.42%), Vitamin K: 31.82µg (30.31%), Manganese: 0.48mg (23.93%), Vitamin A: 887.01IU (17.74%), Folate: 46.69µg (11.67%), Copper: 0.21mg (10.65%), Magnesium: 28.99mg (7.25%), Potassium: 246.8mg (7.05%), Phosphorus: 69.54mg (6.95%), Vitamin B6: 0.13mg (6.49%), Fiber: 1.57g (6.27%), Iron: 1.12mg (6.22%), Vitamin B1: 0.07mg (4.83%), Vitamin B2: 0.07mg (3.9%), Vitamin E: 0.58mg (3.85%), Calcium: 37.65mg (3.77%), Zinc: 0.53mg (3.5%), Vitamin B3: 0.62mg (3.09%), Vitamin B5: 0.19mg (1.93%), Selenium: 0.91µg (1.3%)