



Spring Salad with Fennel and Orange



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



160 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup cranberries dried
- ☐ 1 small fennel bulb thinly sliced
- ☐ 1 tablespoon basil fresh chopped
- ☐ 10 ounce salad greens mixed
- ☐ 3 tablespoons olive oil
- ☐ 1 cranberry-orange relish peeled
- ☐ 0.5 onion red thinly sliced
- ☐ 0.3 cup red wine vinegar

- ☐ 8 servings salt and pepper to taste
- ☐ 0.5 cup slivered almonds
- ☐ 0.3 cup sugar white

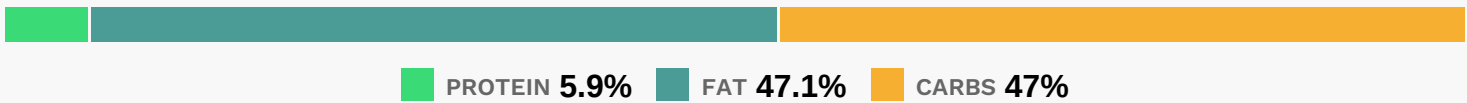
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together the sugar, red wine vinegar, salt, pepper, basil, and olive oil in a small bowl until the sugar dissolves; set aside. Toss the salad greens, sliced fennel, orange, onion, almonds, and cranberries in a large bowl.
- ☐ Pour the dressing over the salad and toss to serve.

Nutrition Facts



Properties

Glycemic Index:33.07, Glycemic Load:5.78, Inflammation Score:-5, Nutrition Score:7.4039129951726%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg Naringenin: 2.54mg, Naringenin: 2.54mg, Naringenin: 2.54mg, Naringenin: 2.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 159.55kcal (7.98%), Fat: 8.83g (13.59%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 19.83g (6.61%), Net Carbohydrates: 17.17g (6.24%), Sugar: 15g (16.67%), Cholesterol: 0mg (0%), Sodium: 219.71mg (9.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.98%), Vitamin C: 21.05mg (25.51%), Vitamin K: 23.17µg (22.07%), Vitamin E: 2.85mg (18.97%), Manganese: 0.3mg (15.11%), Fiber: 2.67g (10.66%), Vitamin A: 491.99IU (9.84%), Potassium: 278.78mg (7.97%), Folate: 30.37µg (7.59%), Magnesium: 30.19mg (7.55%), Vitamin B2: 0.12mg (6.82%), Phosphorus: 66.54mg (6.65%), Copper: 0.12mg (6.18%), Calcium: 47.04mg (4.7%), Iron: 0.82mg (4.57%), Vitamin B6: 0.07mg (3.63%), Vitamin B3: 0.72mg (3.62%), Vitamin B1: 0.05mg (3.06%), Zinc: 0.38mg (2.53%), Vitamin B5: 0.21mg (2.08%), Selenium: 0.82µg (1.18%)