



Warm Shaved Fennel with Pink Grapefruit



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



216 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup picked fennel fronds
- ☐ 1 fennel bulb
- ☐ 1 pink grapefruit
- ☐ 0.3 cup pink grapefruit juice freshly squeezed
- ☐ 4 servings olive oil extra-virgin
- ☐ 4 servings salt
- ☐ 0.3 cup slivered cerignola green

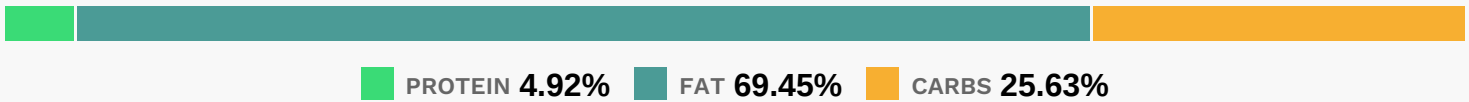
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ mandoline

Directions

- ☐ Using a mandoline, slice the fennel into thin shavings.
- ☐ Cut the bottom and top off of the grapefruit. Using a knife, cut the peel off of the sides, following the curve of the grapefruit and being careful only to cut away the peel and bitter pith. Hold the fruit in 1 hand over a bowl and cut the flesh of the grapefruit away from the membrane to release a wedge. Repeat until all segments are released.
- ☐ In a large saute pan over medium heat coat with extra-virgin olive oil and add the fennel. Season with salt and saute for 1 to 2 minutes or until the fennel is warm and coated with the oil.
- ☐ Remove from heat. Toss in the grapefruit segments, olive slivers and juice and sprinkle with the fennel fronds.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:3.5, Inflammation Score:-7, Nutrition Score:10.376956571703%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg 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: 0.71mg, Eriodictyol: 0.71mg, Eriodictyol: 0.71mg, Eriodictyol: 0.71mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 20.92mg, Naringenin: 20.92mg, Naringenin: 20.92mg, Naringenin: 20.92mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 216.33kcal (10.82%), Fat: 17.6g (27.08%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 14.61g (4.87%), Net Carbohydrates: 10.75g (3.91%), Sugar: 8.84g (9.82%), Cholesterol: 0mg (0%), Sodium: 227.68mg (9.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.61%), Vitamin K: 48.58µg (46.27%), Vitamin C: 31.61mg (38.31%), Vitamin E: 4.2mg (27.99%), Vitamin A: 822.78IU (16.46%), Fiber: 3.86g (15.46%), Manganese: 0.29mg (14.55%), Potassium: 424.65mg (12.13%), Magnesium: 36.33mg (9.08%), Phosphorus: 77.58mg (7.76%), Folate: 28.85µg (7.21%), Vitamin B2: 0.12mg (6.9%), Copper: 0.13mg (6.62%), Calcium: 65.01mg (6.5%), Iron: 0.91mg (5.04%), Vitamin B3: 0.83mg (4.14%), Vitamin B6: 0.07mg (3.66%), Vitamin B5: 0.36mg (3.62%), Vitamin B1: 0.05mg (3.18%), Zinc: 0.4mg (2.66%), Selenium: 0.79µg (1.13%)