



 **53%**
HEALTH SCORE

Watercress, Clementine, and Roasted Fennel Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



166 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 5 clementines peeled (1 cup sections)
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2.5 cups fennel bulbs cored trimmed halved sliced lengthwise
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 teaspoons olive oil extra-virgin divided

- ☐ 0.3 cup orange juice fresh
- ☐ 0.3 cup pomegranate seeds
- ☐ 1 cup torn radicchio leaves
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.3 teaspoon sea salt
- ☐ 2.5 tablespoons shallots finely chopped
- ☐ 4 ounce watercress sprigs (6 cups)

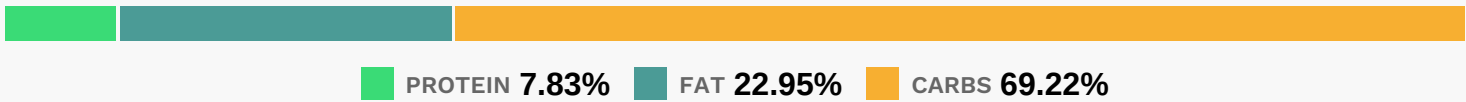
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 42
- ☐ Combine fennel, 1 teaspoon oil, salt, and pepper on a shallow baking sheet; roast, turning occasionally until golden on edges and tender (about 20 minutes).
- ☐ While fennel is roasting, combine juice and next 5 ingredients (through cinnamon) in a small bowl, stirring well with a whisk.
- ☐ Add remaining 3 teaspoons oil, stirring well; set aside.
- ☐ Place watercress, clementine or orange sections, radicchio, and roasted fennel in a large bowl.
- ☐ Add vinaigrette; toss well.
- ☐ Garnish with pomegranate seeds; serve immediately.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:3.21, Inflammation Score:-9, Nutrition Score:18.71739132508%

Flavonoids

Cyanidin: 12.7mg, Cyanidin: 12.7mg, Cyanidin: 12.7mg, Cyanidin: 12.7mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 40.12mg, Hesperetin: 40.12mg, Hesperetin: 40.12mg, Hesperetin: 40.12mg Naringenin: 12.76mg, Naringenin: 12.76mg, Naringenin: 12.76mg, Naringenin: 12.76mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.03mg, Luteolin: 5.03mg, Luteolin: 5.03mg, Luteolin: 5.03mg Kaempferol: 6.55mg, Kaempferol: 6.55mg, Kaempferol: 6.55mg, Kaempferol: 6.55mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 12.17mg, Quercetin: 12.17mg, Quercetin: 12.17mg, Quercetin: 12.17mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 165.84kcal (8.29%), Fat: 4.66g (7.17%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 31.62g (10.54%), Net Carbohydrates: 25.08g (9.12%), Sugar: 20.34g (22.6%), Cholesterol: 0mg (0%), Sodium: 193.28mg (8.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.15%), Vitamin C: 132.28mg (160.34%), Vitamin K: 135.05µg (128.61%), Vitamin A: 1484.8IU (29.7%), Fiber: 6.54g (26.17%), Folate: 93.49µg (23.37%), Potassium: 725.8mg (20.74%), Manganese: 0.31mg (15.48%), Calcium: 147.13mg (14.71%), Vitamin B6: 0.25mg (12.28%), Vitamin E: 1.79mg (11.95%), Vitamin B1: 0.18mg (11.88%), Magnesium: 41.5mg (10.38%), Phosphorus: 100.68mg (10.07%), Copper: 0.19mg (9.72%), Vitamin B2: 0.16mg (9.24%), Vitamin B5: 0.79mg (7.87%), Vitamin B3: 1.31mg (6.53%), Iron: 1.12mg (6.22%), Zinc: 0.43mg (2.88%), Selenium: 0.91µg (1.31%)