



Healthdor

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Frise, Radicchio, and Fennel Salad with Mustard Vinaigrette ••

This refreshing salad combines frise, radicchio, and fennel with a tangy mustard vinaigrette. It is a perfect side dish for any meal and is packed with flavor and nutrients.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

100 g	frise
100 g	Radicchio
100 g	Fennel
2 tbsp	mustard
2 tbsp	olive oil

1 tbsp lemon juice

0.5 tsp salt

0.5 tsp pepper

Directions

Step 1

Preparation

Wash and dry the frise, radicchio, and fennel.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the fennel thinly.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, whisk together the mustard, olive oil, lemon juice, salt, and pepper to make the vinaigrette.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, combine the frise, radicchio, and fennel. Drizzle the vinaigrette over the salad and toss to coat.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Serving

Serve the salad immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 2 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	4 g	10.53%	16%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Game Day

Course

Salads Sauces & Dressings

Diet

The Fast Metabolism Diet Nutrient Timing Diet The Baby Food Diet
The Breatharian Diet The Werewolf Diet

Cooking Method

Sautéing Plating Serving

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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