



Healthdor

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Simple Fennel and Orange Salad ••

A refreshing salad made with sliced fennel and juicy oranges. This salad is perfect for a light and healthy meal or as a side dish. The combination of the crisp fennel and sweet citrus flavors creates a delicious and satisfying dish.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

400 g	fennel bulb
300 g	oranges
2 tbsp	olive oil
2 tbsp	lemon juice
1 tsp	salt

0.5 tsp black pepper

Directions

Step 1

Cut

Slice the fennel bulb thinly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Peel the oranges and cut them into segments.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the sliced fennel and orange segments.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

Pour the dressing over the fennel and orange mixture. Toss gently to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the salad chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 7 g

Protein: 2 g

Carbohydrates: 14 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	14 g	25.45%	28%
Fibers	5 g	13.16%	20%
Sugars	9 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	6 mg	0.6%	0.6%
Iron	6 mg	75%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Game Day

Course

Salads Soups

Cultural

Chinese New Year

Demographics

Kids Friendly Senior Friendly Teen Friendly Allergy Friendly Heart Healthy

Diet

Mediterranean Diet Volumetrics Diet South Beach Diet Vegetarian Diet

Vegan Diet

Healthy For

Pancreatitis Gastroparesis Gastroenteritis Hepatitis

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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