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Fennel & Grapefruit Salad

This quick and colorful side salad is a lovely accompaniment to fish, chicken, or pork. When slicing the fennel, don't discard the fronds! The wispy green tips resemble fresh dill and provide a colorful, anise-flavored garnish.

By **Sara Haas, RDN, LDN** | Updated on April 18, 2024

 Reviewed by Dietitian **Breana Lai Killeen, M.P.H., RD**

Prep Time: 15 mins

Total Time: 15 mins

Servings: 4

Yield: 4 cups

Nutrition Profile:

Diabetes-Friendly Nut-Free Dairy-Free Healthy Immunity Low-Sodium Soy-Free High-Fiber Heart-Healthy Vegetarian Egg-Free Gluten-Free Low-Calorie

Ingredients

1 large grapefruit

1 teaspoon honey

1 teaspoon Dijon mustard

¼ teaspoon salt

⅛ teaspoon ground pepper

1 tablespoon plus 1 teaspoon canola oil

1 small fennel bulb, cored and thinly sliced, plus fennel fronds for garnish

1 medium Granny Smith apple, cored and thinly sliced

1 tablespoon toasted sunflower seeds

Directions

Step 1

Zest grapefruit into a large bowl until you have 1 tablespoon zest.

Step 2

Working over a small bowl, cut the grapefruit into segments (see Tip). Cut the segments into thirds; set

aside. Squeeze 2 tablespoons juice from the leftover membranes into the large bowl with the zest.

Step 3

Add honey, mustard, salt, and pepper to the large bowl; whisk to combine. Whisk in the oil, stirring until fully combined.

Step 4

Add fennel, apple, and the reserved grapefruit to the bowl and toss until combined. Sprinkle with sunflower seeds. Garnish with fennel fronds, if desired.

Tips

Tip: To segment a grapefruit (or orange), slice a small piece off the top and bottom. Slice along the curve of the fruit from top to bottom to remove the peel. Cut each segment from the surrounding membranes.

Originally appeared: Diabetic Living Magazine, Winter 2019

Nutrition Facts

Per serving: **Serving Size 1 cup** 130 calories; total fat 6g; saturated fat 1g; sodium 206mg; total carbohydrate 19g; dietary fiber 4g; total sugars 14g; protein 2g; vitamin c 36mg; calcium 42mg; iron 1mg; potassium 422mg