



Bacon, Fennel and Apple Chutney



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



48 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 pound applewood bacon smoked cut into 1/2-inch dice
- ☐ 30 baguette with olive oil and toasted
- ☐ 1 medium fennel bulb cored cut into 1/2-inch dice
- ☐ 1 teaspoon ground fennel seeds
- ☐ 2 garlic cloves minced
- ☐ 1 apples i use 2 granny smith apples cored cut into 1/2-inch dice
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated

- ☐ 0.5 medium onion cut into 1/2-inch dice
- ☐ 30 servings salt and pepper freshly ground
- ☐ 1 teaspoon sugar
- ☐ 2 thyme sprigs

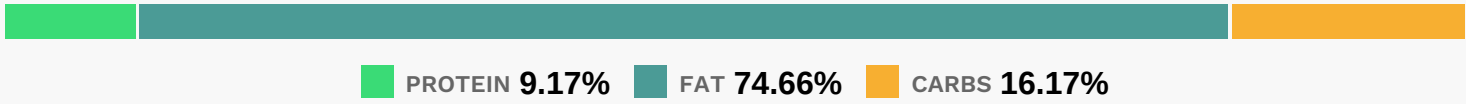
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Heat a large skillet; add the bacon and cook over moderate heat until crisp, about 4 minutes. Using a slotted spoon, transfer the bacon to paper towels to drain.
- ☐ Pour off all but 3 tablespoons of the fat from the skillet.
- ☐ Add the onion to the skillet and cook over moderate heat until softened, about 3 minutes.
- ☐ Add the diced fennel, thyme, garlic and apple. Cover and cook over moderately low heat, stirring occasionally, until softened, about 8 minutes.
- ☐ Add the fennel seeds and cook, stirring, until fragrant, about 1 minute. Stir in the lemon juice, lemon zest, sugar and fennel fronds.
- ☐ Remove the chutney from the heat, season with salt and pepper and let cool to room temperature. Discard the thyme, stir in the bacon and serve the chutney with the toasts.

Nutrition Facts



Properties

Glycemic Index:8.3, Glycemic Load:0.52, Inflammation Score:-1, Nutrition Score:1.8573913282674%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 47.92kcal (2.4%), Fat: 4.04g (6.22%), Saturated Fat: 1.15g (7.21%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.5g (0.55%), Sugar: 1.17g (1.3%), Cholesterol: 4.99mg (1.66%), Sodium: 248.16mg (10.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.23%), Manganese: 0.28mg (14.1%), Vitamin K: 5.64µg (5.38%), Selenium: 1.61µg (2.31%), Vitamin C: 1.81mg (2.2%), Fiber: 0.47g (1.87%), Vitamin B3: 0.37mg (1.84%), Potassium: 59.44mg (1.7%), Phosphorus: 16.73mg (1.67%), Vitamin B1: 0.02mg (1.61%), Vitamin B6: 0.03mg (1.58%), Vitamin E: 0.23mg (1.56%)