



Baked Fennel with Cambozola

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons bread crumbs dried fine
- ☐ 2 cups fat-skimmed chicken broth
- ☐ 5 heads fennel (each)
- ☐ 0.8 cup gorgonzola cheese
- ☐ 12 servings salt

Equipment

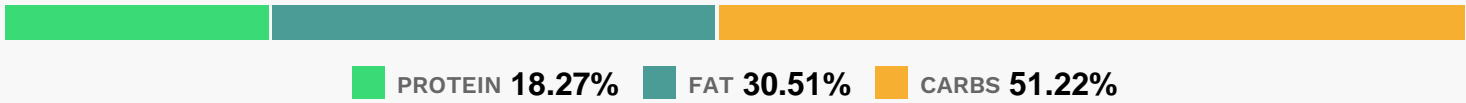
- ☐ frying pan
- ☐ oven

☐ slotted spoon

Directions

- ☐ Trim stalks from fennel. Reserve about 1 cup of the feathery green fennel leaves. Trim root ends, bruised areas, and coarse fibers from fennel heads. Rinse, then cut each head in half from stem through root end.
- ☐ Lay fennel in an 11- to 12-inch frying pan; add broth. Cover and bring to a boil over high heat; simmer until fennel is tender when pierced, about 20 minutes. With a slotted spoon, transfer fennel, cut side up, to a shallow 2- to 2 1/2-quart casserole.
- ☐ Boil broth, uncovered, over high heat until reduced to about 1/3 cup. Coarsely chop fennel leaves and add about half to the broth. Spoon mixture evenly over fennel.
- ☐ Mash cheese with bread crumbs. Dot evenly over fennel.
- ☐ Bake in a 375 oven until cheese begins to brown and fennel is hot, 25 to 30 minutes (35 minutes if chilled).
- ☐ Garnish with remaining fennel leaves; season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:1.89, Inflammation Score:-3, Nutrition Score:8.0852174648772%

Flavonoids

Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 66.54kcal (3.33%), Fat: 2.42g (3.72%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 9.14g (3.05%), Net Carbohydrates: 6g (2.18%), Sugar: 4.08g (4.53%), Cholesterol: 5.3mg (1.77%), Sodium: 498.75mg (21.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin K: 61.56µg (58.63%), Vitamin C: 11.7mg (14.18%), Fiber: 3.13g (12.54%), Potassium: 438.02mg (12.51%), Manganese: 0.21mg (10.72%), Calcium: 91.27mg (9.13%), Phosphorus: 84.37mg (8.44%), Folate: 31.92µg (7.98%), Vitamin B3: 1.07mg (5.36%), Iron: 0.91mg (5.05%), Magnesium: 19.66mg (4.91%), Selenium: 3.17µg (4.53%), Vitamin B2: 0.08mg (4.48%), Vitamin B5: 0.41mg (4.08%), Copper: 0.08mg (4.04%), Vitamin E: 0.59mg (3.9%), Vitamin A: 184.54IU (3.69%), Vitamin B6: 0.07mg (3.29%), Zinc: 0.43mg (2.85%), Vitamin B12: 0.17µg (2.84%), Vitamin B1: 0.04mg (2.57%)