



Baked Fennel with Gorgonzola

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



99 kcal

SIDE DISH

Ingredients

- 4 ounces cheese blue
- 2 tablespoons bread crumbs
- 1.8 cups chicken broth
- 4 bulbs fennel
- 8 servings salt to taste

Equipment

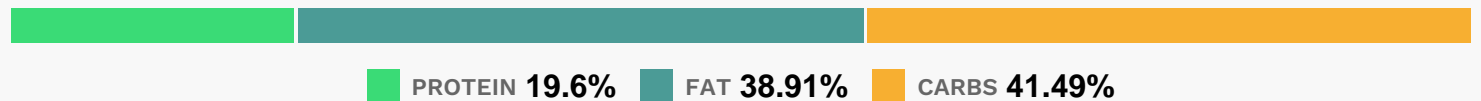
- frying pan
- oven

- ziploc bags

Directions

- Rinse fennel. Trim off stems, and reserve about 1 cup of the tender green leaves. Trim any bruises or dry looking areas from fennel.
- Cut each bulb in half from stem through root end.
- Lay fennel bulb pieces in a 10 inch frying pan, and add broth. Cover, and bring to a boil on high heat. Simmer until fennel is tender when pierced, 20 to 25 minutes.
- Transfer fennel to a shallow casserole, 9 to 10 inched wide; lay cut side up.
- Boil broth, uncovered, on high heat until reduced to about 1/2 cup. Stir in about half the fennel leaves. Spoon mixture evenly over fennel.
- Mash cheese with bread crumbs. Dot mixture evenly over fennel. If making ahead, cover and chill up to 1 day. Also wrap remaining fennel leaves in a towel, seal in a plastic bag, and chill.
- Bake casserole, uncovered, at 375 degrees F (190 degrees C) until cheese begins to brown and fennel is hot, about 20 minutes. Tuck remaining leaves around fennel. Season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:2.3, Inflammation Score:-4, Nutrition Score:10.178695667049%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 99.27kcal (4.96%), Fat: 4.54g (6.99%), Saturated Fat: 2.79g (17.45%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 7.16g (2.6%), Sugar: 5.05g (5.61%), Cholesterol: 11.66mg (3.89%), Sodium: 626.66mg (27.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.29%), Vitamin K: 73.98µg (70.46%), Vitamin C: 14.04mg (17.02%), Potassium: 534.86mg (15.28%), Fiber: 3.74g (14.96%), Calcium: 138.92mg (13.89%), Manganese: 0.27mg (13.59%), Phosphorus: 119.54mg (11.95%), Folate: 39.37µg (9.84%), Vitamin B2: 0.13mg (7.76%), Magnesium: 24.74mg (6.19%), Iron: 1.06mg (5.87%), Vitamin B3: 1.17mg (5.86%), Vitamin B5: 0.53mg (5.35%), Vitamin A: 265.96IU (5.32%), Selenium: 3.71µg (5.3%), Vitamin E: 0.74mg (4.91%), Copper: 0.1mg (4.86%), Zinc: 0.68mg

(4.56%), Vitamin B6: 0.08mg (4.08%), Vitamin B1: 0.05mg (3.39%), Vitamin B12: 0.19µg (3.2%)