



Barbecued fennel with black olive dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 2 fennel bulb sliced
- ☐ 1.5 tbsp olive oil
- ☐ 2 tbsp kalamata olives black finely chopped
- ☐ 1 garlic clove crushed
- ☐ 1 juice of lemon
- ☐ 1 small handful parsley finely chopped

Equipment

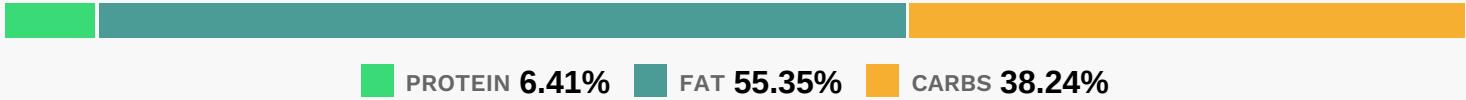
- ☐ bowl

☐ frying pan

Directions

- ☐ Heat a BBQ or griddle pan. Toss the fennel in 1 tbsp of the oil, coating well. Cook for 5 mins on each side until golden brown and charred.
- ☐ To make the dressing, put the olives, garlic, lemon juice and remaining oil in a bowl.
- ☐ Add the chopped herbs and combine.
- ☐ Lay the fennel on a platter and pour over the dressing. Eat warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:2.29, Inflammation Score:-4, Nutrition Score:9.6408695034359%

Flavonoids

Eriodictyol: 1.63mg, Eriodictyol: 1.63mg, Eriodictyol: 1.63mg, Eriodictyol: 1.63mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 91.61kcal (4.58%), Fat: 6.13g (9.42%), Saturated Fat: 0.92g (5.72%), Carbohydrates: 9.52g (3.17%), Net Carbohydrates: 5.69g (2.07%), Sugar: 4.82g (5.36%), Cholesterol: 0mg (0%), Sodium: 124.11mg (5.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.19%), Vitamin K: 93.11µg (88.67%), Vitamin C: 18.51mg (22.43%), Fiber: 3.83g (15.32%), Potassium: 502.39mg (14.35%), Manganese: 0.24mg (11.93%), Vitamin E: 1.61mg (10.71%), Folate: 34.75µg (8.69%), Calcium: 62.65mg (6.26%), Phosphorus: 60.99mg (6.1%), Iron: 0.98mg (5.47%), Magnesium: 21.47mg (5.37%), Vitamin A: 257.26IU (5.15%), Copper: 0.09mg (4.35%), Vitamin B3: 0.78mg (3.92%), Vitamin B6: 0.07mg (3.49%), Vitamin B5: 0.29mg (2.91%), Vitamin B2: 0.04mg (2.39%), Zinc: 0.26mg (1.73%), Selenium: 0.97µg (1.39%), Vitamin B1: 0.02mg (1.11%)