



Braised Fennel



Vegetarian



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



173 kcal

SIDE DISH

Ingredients

- ☐ 2 large fennel bulbs rinsed
- ☐ 4 Tbsp butter
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 2 Tbsp ouzo
- ☐ 0.5 cup chicken stock see
- ☐ 0.5 cup water
- ☐ 2 Tbsp fennel fronds chopped

- ☐ 1 orange zest
- ☐ 4 servings juice of lemon

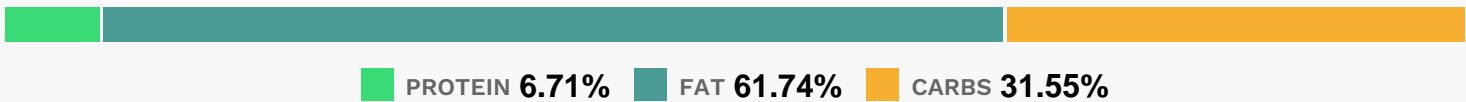
Equipment

- ☐ frying pan

Directions

- ☐ Cut the tops off the fennel bulbs, chop 2 tablespoons of the fronds and set aside. Slice the fennel bulbs in half, lengthwise, through the core. Slice each half lengthwise into quarters (you should get eight pieces total out of each fennel bulb), leaving some of the core attached so the pieces don't fall apart as they cook.
- ☐ Brown the fennel quarters in butter on two sides: Melt the butter in a large sauté pan over medium-high heat and place the fennel pieces in the pan in a single layer. Reduce the heat to medium and cook the fennel pieces, without moving them, for at least 2 minutes.
- ☐ Sprinkle the salt and sugar over the fennel (the sugar will help with caramelization).
- ☐ Check for browning, and cook for another minute or two if they're not browned yet. Turn the fennel pieces over and brown the other side.
- ☐ Add ouzo, then stock and water: When both sides of the fennel are nicely browned, add the ouzo to the pan. Increase the heat to medium high. The ouzo should boil down quickly. When it is almost gone, add the stock and water.
- ☐ Cover and simmer: Bring the liquid to a boil, then reduce the heat down to low, cover the pan and simmer for 15 minutes.
- ☐ Remove the cover, increase the heat to high and let the stock cook down until it is a glaze.
- ☐ Add the fennel fronds and most of the orange zest and combine gently.
- ☐ Serve garnished with the rest of the zest and a few splashes of lemon juice.

Nutrition Facts



Properties

Glycemic Index:53.77, Glycemic Load:3.11, Inflammation Score:-5, Nutrition Score:11.435217428467%

Flavonoids

Eriodictyol: 2.08mg, Eriodictyol: 2.08mg, Eriodictyol: 2.08mg, Eriodictyol: 2.08mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 172.52kcal (8.63%), Fat: 12.7g (19.54%), Saturated Fat: 7.53g (47.08%), Carbohydrates: 14.6g (4.87%), Net Carbohydrates: 9.9g (3.6%), Sugar: 6.75g (7.5%), Cholesterol: 31.43mg (10.48%), Sodium: 782.52mg (34.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.21%), Vitamin K: 79.17µg (75.4%), Vitamin C: 25.58mg (31%), Fiber: 4.71g (18.83%), Potassium: 620.11mg (17.72%), Manganese: 0.32mg (15.9%), Iron: 2.25mg (12.52%), Vitamin A: 546.36IU (10.93%), Folate: 39.75µg (9.94%), Calcium: 93.89mg (9.39%), Phosphorus: 90.27mg (9.03%), Magnesium: 30.2mg (7.55%), Vitamin E: 1.09mg (7.27%), Vitamin B3: 1.42mg (7.1%), Copper: 0.14mg (6.96%), Vitamin B6: 0.11mg (5.56%), Vitamin B2: 0.09mg (5%), Vitamin B5: 0.37mg (3.65%), Zinc: 0.5mg (3.34%), Vitamin B1: 0.04mg (2.82%), Selenium: 1.89µg (2.7%)