



Braised Fennel



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 6 small fennel bulbs trimmed halved cut into 1/2-inch wedges (leaves reserved)
- ☐ 1 juice of lemon cut into 1 1/2-inch strips
- ☐ 1.3 teaspoons kosher salt
- ☐ 4 cups chicken broth low-sodium
- ☐ 1.5 cups white wine

Equipment

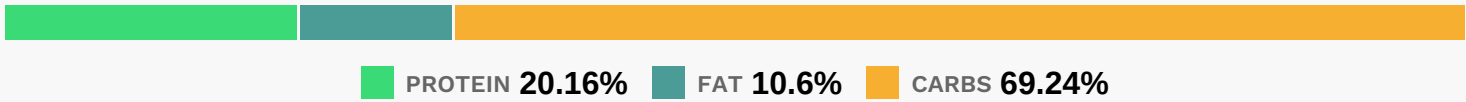
- ☐ sauce pan

☐ slotted spoon

Directions

- ☐ Place the fennel in a large saucepan. Thinly slice the zest into matchstick-size strips and scatter them over the fennel.
- ☐ Add the lemon juice, 1 teaspoon of the salt, the peppercorns, coriander (if using), wine, and broth. Bring to a boil. Reduce heat, cover, and simmer until the fennel is tender, 15 to 20 minutes.
- ☐ Remove from heat. (You can cook the fennel ahead of time for 10 to 15 minutes. Set aside at room temperature for up to 4 hours. Warm over medium heat for 5 minutes.)Using a slotted spoon, transfer the fennel and lemon zest to a platter.
- ☐ Sprinkle with the remaining salt and the reserved leaves.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:3.53, Inflammation Score:-5, Nutrition Score:13.408260946688%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 2.08mg, Eriodictyol: 2.08mg, Eriodictyol: 2.08mg, Eriodictyol: 2.08mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 111.7kcal (5.59%), Fat: 1.08g (1.66%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 15.83g (5.28%), Net Carbohydrates: 10.31g (3.75%), Sugar: 7.58g (8.42%), Cholesterol: 0mg (0%), Sodium: 492.36mg (21.41%), Alcohol: 4.64g (100%), Alcohol %: 1.71% (100%), Protein: 4.61g (9.22%), Vitamin K: 110.84µg (105.57%), Vitamin C: 22.51mg (27.29%), Potassium: 867.59mg (24.79%), Fiber: 5.52g (22.09%), Manganese: 0.42mg (21.22%), Vitamin B3: 2.8mg (13.97%), Phosphorus: 131.98mg (13.2%), Folate: 48.63µg (12.16%), Calcium: 96.43mg (9.64%), Iron: 1.68mg (9.35%), Copper: 0.18mg (9.12%), Magnesium: 36.22mg (9.05%), Vitamin E: 1.03mg (6.84%), Vitamin B6: 0.12mg (5.97%), Vitamin B2: 0.1mg (5.85%), Vitamin A: 236.9IU (4.74%), Vitamin B5: 0.44mg (4.36%), Zinc: 0.53mg (3.53%), Vitamin

B12: 0.12µg (1.97%), Selenium: 1.29µg (1.85%), Vitamin B1: 0.02mg (1.4%)