



Braised Fennel and Endive



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound belgian endive
- ☐ 2 medium fennel bulbs halved lengthwise
- ☐ 2 large garlic cloves thinly sliced
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 cup vegetable broth canned

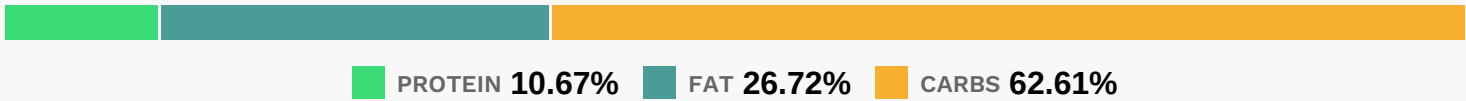
Equipment

- ☐ frying pan
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Trim ends from endive.
- ☐ Cut endive in half lengthwise; set side.
- ☐ Heat oil in a large ovenproof skillet over low heat.
- ☐ Add garlic, and saut 5 minutes or until lightly browned.
- ☐ Remove garlic with a slotted spoon, and set aside.
- ☐ Place fennel halves, cut sides down, in skillet, and cook over medium heat for 5 minutes.
- ☐ Add endive halves, cut sides down, and cook for 3 minutes or until browned.
- ☐ Add broth, salt, and pepper, and stir to deglaze pan. Cover and bake at 400 for 30 minutes or until tender.
- ☐ Garnish with fennel fronds, if desired.
- ☐ Serve with beef, pork, or chicken.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:2.7, Inflammation Score:0, Nutrition Score:9.9013042294461%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 69.08kcal (3.45%), Fat: 2.3g (3.54%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 12.14g (4.05%), Net Carbohydrates: 6.69g (2.43%), Sugar: 5.11g (5.68%), Cholesterol: 0mg (0%), Sodium: 442.64mg (19.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin K: 74.91µg (71.34%), Fiber: 5.45g (21.79%), Vitamin C: 16.1mg (19.51%), Potassium: 611.74mg (17.48%), Manganese: 0.32mg (16.08%), Folate: 52.63µg (13.16%),

Phosphorus: 75.73mg (7.57%), Calcium: 71.48mg (7.15%), Magnesium: 26.15mg (6.54%), Vitamin E: 0.97mg (6.46%),
Vitamin A: 299.18IU (5.98%), Iron: 1.04mg (5.78%), Copper: 0.11mg (5.62%), Vitamin B6: 0.1mg (4.89%), Vitamin B3:
0.85mg (4.26%), Vitamin B5: 0.36mg (3.64%), Vitamin B1: 0.05mg (3.33%), Vitamin B2: 0.05mg (3.21%), Zinc:
0.34mg (2.29%), Selenium: 1.15µg (1.65%)