



Braised Fennel and Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 large fennel bulb with fronds (sometimes called anise)
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 large onion halved lengthwise cut lengthwise into 1/4-inch-thick slices (2 cups)
- ☐ 1 lb potatoes red boiling
- ☐ 1 teaspoon salt
- ☐ 0.5 cup water

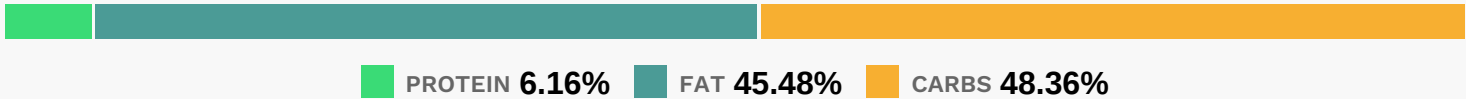
Equipment

☐ frying pan

Directions

- ☐ Chop enough fennel fronds to measure 2 tablespoons, then cut off and discard stalks from bulb. Quarter bulb lengthwise and core, then cut lengthwise into 1/4-inch-thick slices.
- ☐ Cook fennel, onion, pepper, and 1/2 teaspoon salt in oil in a 12-inch heavy skillet over moderate heat, covered, stirring occasionally, until onion is softened, about 5 minutes.
- ☐ Meanwhile, cut potatoes crosswise into 1/4-inch-thick slices.
- ☐ Add potatoes and remaining 1/2 teaspoon salt to fennel mixture and cook, uncovered, stirring frequently, 3 minutes.
- ☐ Add water and cook, covered, stirring once, until potatoes are tender, 10 to 12 minutes more. Stir in fennel fronds before serving.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.89, Inflammation Score:-5, Nutrition Score:10.391739145569%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg

Nutrients (% of daily need)

Calories: 205.65kcal (10.28%), Fat: 10.82g (16.64%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 25.88g (8.63%), Net Carbohydrates: 21.47g (7.81%), Sugar: 5.35g (5.95%), Cholesterol: 0mg (0%), Sodium: 635.42mg (27.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.59%), Vitamin K: 46.7µg (44.48%), Vitamin C: 19.55mg (23.69%), Potassium: 814.79mg (23.28%), Fiber: 4.41g (17.64%), Manganese: 0.34mg (16.87%), Vitamin B6: 0.27mg (13.28%), Vitamin E: 1.87mg (12.48%), Phosphorus: 109.5mg (10.95%), Folate: 43.35µg (10.84%), Copper: 0.21mg (10.6%), Magnesium: 39.17mg (9.79%), Vitamin B3: 1.72mg (8.61%), Iron: 1.41mg (7.83%), Vitamin B1: 0.12mg (7.67%), Calcium: 50.54mg (5.05%), Vitamin B5: 0.5mg (5%), Vitamin B2: 0.06mg (3.78%), Zinc: 0.56mg (3.74%), Vitamin A: 87.76IU (1.76%), Selenium: 1.17µg (1.67%)