



WHATSheATE



Braised Fennel with Cannellini and Bacon



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



338 kcal

SIDE DISH

Ingredients

- ☐ 8 slice bacon sliced
- ☐ 15.5 ounces beans white canned
- ☐ 1 chicken broth
- ☐ 4 servings coarse salt and pepper freshly ground
- ☐ 2 teaspoon oregano fresh whole coarsely chopped for garnish
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 2 tablespoon red wine vinegar
- ☐ 1 tablespoon butter unsalted softened

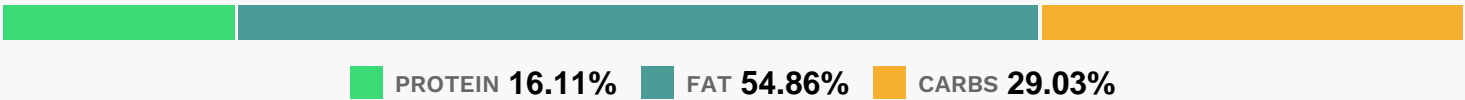
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Heat a large large, heavy sautÃ© pan over medium-high heat.
- ☐ Add the bacon pieces and cook until almost crisp. Using a slotted spoon transfer the bacon to a paper towel lined plate. Discard all but about 2 tablespoons of the bacon fat.
- ☐ Add fennel and onion to the same pan; cook, stirring occasionally, until tender and edges are brown, about 10 minutes.
- ☐ Add beans, stock, chopped oregano, red pepper flakes, 1-teaspoon salt, and ¼ teaspoon pepper. Cook, stirring occasionally, until liquid has reduced by about half, 3 to 4 minutes. Stir in vinegar and butter; remove from heat.
- ☐ Garnish with oregano leaves.
- ☐ Serve as a side dish or over toast as a rustic meal.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:5.6, Inflammation Score:-8, Nutrition Score:11.654782609123%

Nutrients (% of daily need)

Calories: 338.25kcal (16.91%), Fat: 20.68g (31.82%), Saturated Fat: 7.75g (48.44%), Carbohydrates: 24.63g (8.21%), Net Carbohydrates: 18.89g (6.87%), Sugar: 0.37g (0.41%), Cholesterol: 36.57mg (12.19%), Sodium: 494.78mg (21.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.67g (27.34%), Manganese: 0.63mg (31.34%), Fiber: 5.74g (22.97%), Iron: 3.89mg (21.62%), Folate: 73.92µg (18.48%), Potassium: 604.75mg (17.28%), Phosphorus: 166.63mg (16.66%), Magnesium: 64.57mg (16.14%), Selenium: 10.71µg (15.3%), Vitamin B1: 0.23mg (15.28%), Copper: 0.28mg (14.12%), Zinc: 1.79mg (11.92%), Vitamin B6: 0.21mg (10.63%), Calcium: 100.2mg (10.02%), Vitamin B3: 1.96mg (9.78%), Vitamin K: 9.78µg (9.31%), Vitamin E: 1.37mg (9.12%), Vitamin B2: 0.08mg (4.95%), Vitamin B5: 0.46mg (4.62%), Vitamin B12: 0.23µg (3.77%), Vitamin A: 157.82IU (3.16%), Vitamin D: 0.23µg (1.52%)