



Broccoli with Fennel and Red Bell Pepper



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 3 large heads broccoli cut into florets (7 cups)
- ☐ 1 pound fennel bulb fresh halved lengthwise thinly sliced
- ☐ 1 teaspoon fennel seeds chopped
- ☐ 1 teaspoon herbs de provence
- ☐ 0.7 cup chicken broth canned
- ☐ 4 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 large bell pepper red cut into long strips
- ☐ 2 shallots chopped

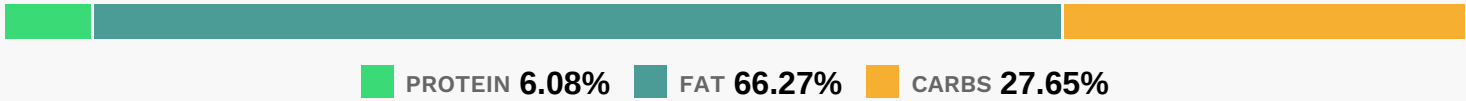
Equipment

☐ frying pan

Directions

- ☐ Heat 2 tablespoons oil in heavy large skillet over medium heat.
- ☐ Add fennel seeds and stir until toasted, about 3 minutes.
- ☐ Add shallots and sauté until golden, about 3 minutes.
- ☐ Add sliced fennel bulb and red bell pepper and sauté until just tender, about 3 minutes.
- ☐ Add broccoli.
- ☐ Drizzle remaining 2 tablespoons oil over vegetables. Stir in herbes de Provence.
- ☐ Pour broth over. Simmer until broccoli is crisp-tender and liquid evaporates, about 6 minutes. Season with salt and pepper.
- ☐ *A dried herb mixture available at specialty foods stores and in the spice section of some supermarkets. A combination of dried thyme, basil, savory, and fennel seeds can be substituted.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:1.59, Inflammation Score:-6, Nutrition Score:7.909565338622%

Flavonoids

Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 93.77kcal (4.69%), Fat: 7.35g (11.3%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 6.9g (2.3%), Net Carbohydrates: 4.35g (1.58%), Sugar: 3.62g (4.02%), Cholesterol: 0mg (0%), Sodium: 37.51mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.03%), Vitamin K: 43.4µg (41.33%), Vitamin C: 33.99mg (41.2%), Vitamin A: 725.51IU (14.51%), Vitamin E: 1.68mg (11.17%), Fiber: 2.54g (10.17%), Potassium: 322.28mg (9.21%),

Manganese: 0.18mg (8.82%), Folate: 27.44µg (6.86%), Vitamin B6: 0.11mg (5.62%), Iron: 0.86mg (4.78%),
Phosphorus: 45.05mg (4.5%), Vitamin B3: 0.87mg (4.35%), Calcium: 37.92mg (3.79%), Magnesium: 14.92mg
(3.73%), Copper: 0.06mg (3.02%), Vitamin B2: 0.04mg (2.62%), Vitamin B5: 0.22mg (2.17%), Zinc: 0.23mg (1.52%),
Vitamin B1: 0.02mg (1.49%)