



Caramelized Fennel Gratin

READY IN



55 min.

SERVINGS



6

CALORIES



263 kcal

SIDE DISH

Ingredients

- 1.5 Tbsp butter melted
- 1 tsp grey poupon dijon mustard
- 2 large fennel bulbs trimmed sliced
- 0.3 cup real mayo mayonnaise kraft
- 1 Tbsp olive oil
- 0.7 cup ritz crackers crushed finely
- 0.8 cup cheddar cheese shredded kraft
- 1 large onion sweet thinly sliced

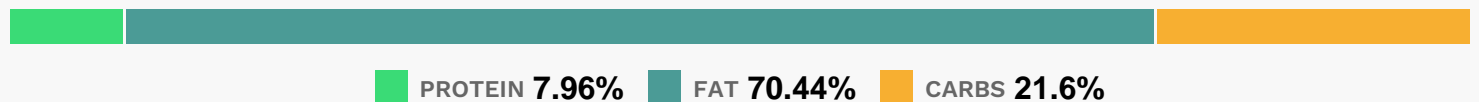
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oil in large skillet on medium heat.
- Add onions; cook 5 min., stirring occasionally.
- Add fennel; cover. Cook 5 min.; stir. Cook, uncovered, 20 to 22 min. or until vegetables are tender and golden brown, stirring occasionally.
- Heat oven to 375F.
- Mix mayo and mustard in medium bowl; stir in cheese.
- Add to vegetable mixture; stir. Spoon into 9-inch pie plate sprayed with cooking spray.
- Mix cracker crumbs and butter; sprinkle over vegetable mixture.
- Bake 8 to 10 min. or until vegetable mixture is heated through and top is golden brown.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.61, Inflammation Score:-5, Nutrition Score:10.43826083515%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 263.47kcal (13.17%), Fat: 21.1g (32.46%), Saturated Fat: 6.75g (42.19%), Carbohydrates: 14.56g (4.85%), Net Carbohydrates: 11.45g (4.16%), Sugar: 6.51g (7.23%), Cholesterol: 26.98mg (8.99%), Sodium: 307.21mg (13.36%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.73%), Vitamin K: 74.77µg (71.21%), Calcium: 161.78mg (16.18%), Vitamin C: 12.01mg (14.56%), Phosphorus: 141.15mg (14.12%), Fiber: 3.1g (12.41%), Potassium: 411.99mg (11.77%), Manganese: 0.23mg (11.63%), Vitamin E: 1.63mg (10.88%), Folate: 42.3µg (10.58%), Selenium: 5.73µg (8.19%), Vitamin B2: 0.12mg (7.06%), Vitamin A: 344IU (6.88%), Vitamin B6: 0.12mg (6.19%), Iron: 1.09mg (6.04%), Magnesium: 23.9mg (5.98%), Zinc: 0.81mg (5.43%), Copper: 0.1mg (4.91%), Vitamin B3: 0.91mg (4.56%), Vitamin B1: 0.07mg (4.47%), Vitamin B5: 0.35mg (3.46%), Vitamin B12: 0.17µg (2.84%)