



WHATSheATE



Celery and Fennel with Bacon



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 0.3 lb bacon sliced cut into 1/2-inch pieces
- ☐ 1 bunch celery with leaves
- ☐ 1 cup chicken broth
- ☐ 2 large fennel bulb with fronds (sometimes called anise)
- ☐ 0.3 cup parsley fresh coarsely chopped
- ☐ 1 cup shallots chopped

Equipment

- ☐ bowl

- ☐ paper towels
- ☐ pot
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ colander
- ☐ peeler

Directions

- ☐ Reserve 1/2 cup celery leaves.
- ☐ Remove strings from celery ribs with peeler, then cut celery ribs into 3- by 1/4-inch sticks.
- ☐ Reserve 1/2 cup fennel fronds. Trim fennel stalks flush with bulbs.
- ☐ Cut any brown spots from outer layers and quarter bulbs lengthwise.
- ☐ Cut out most of cores, leaving enough to hold layers together.
- ☐ Cut bulbs lengthwise into 1/4-inch-wide slices.
- ☐ Have ready 2 large bowls of ice and water. Cook celery ribs in a large pot of boiling salted water 2 minutes, then transfer with a slotted spoon to 1 bowl of ice water. Return water to a boil and cook fennel bulbs 2 minutes, then transfer to second bowl of ice water. When vegetables are cool, drain both in a colander.
- ☐ Cook bacon in a 6- to 8-quart heavy pot over moderate heat until crisp, then transfer with a slotted spoon to paper towels to drain.
- ☐ Add shallot to bacon fat and cook, stirring, until softened.
- ☐ Add celery and fennel and cook, stirring, until vegetables begin to brown, about 10 minutes.
- ☐ Add broth and simmer, stirring frequently, until vegetables are barely tender, 12 to 15 minutes.
- ☐ Coarsely chop reserved celery leaves and fennel fronds.
- ☐ Remove pot from heat and stir in leaves, fronds, parsley, bacon, and salt and pepper to taste.
- ☐ Celery and fennel can be cut (but not cooked) 1 day ahead. Chill vegetables separately in large sealable plastic bags lined with damp paper towels.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:2.35, Inflammation Score:-4, Nutrition Score:8.3543477835863%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 4.18mg, Apigenin: 4.18mg, Apigenin: 4.18mg, Apigenin: 4.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 101.67kcal (5.08%), Fat: 5.86g (9.01%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 6.91g (2.51%), Sugar: 4.84g (5.37%), Cholesterol: 9.94mg (3.31%), Sodium: 241.84mg (10.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Vitamin K: 69.19µg (65.89%), Vitamin C: 12.03mg (14.59%), Fiber: 2.9g (11.61%), Potassium: 397.71mg (11.36%), Manganese: 0.22mg (11.07%), Vitamin B6: 0.17mg (8.63%), Folate: 30.5µg (7.62%), Phosphorus: 70.87mg (7.09%), Vitamin B3: 1.11mg (5.54%), Iron: 0.99mg (5.48%), Selenium: 3.75µg (5.36%), Vitamin A: 265.81IU (5.32%), Magnesium: 19.64mg (4.91%), Vitamin B1: 0.07mg (4.77%), Calcium: 46.08mg (4.61%), Copper: 0.08mg (3.98%), Vitamin B2: 0.06mg (3.42%), Vitamin B5: 0.32mg (3.23%), Vitamin E: 0.45mg (3.01%), Zinc: 0.45mg (3%), Vitamin B12: 0.08µg (1.28%)