



Creamy Pan-Braised Fennel

READY IN



45 min.

SERVINGS



8

CALORIES



236 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons butter
- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 4 large fennel bulbs
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 0.5 teaspoon pepper
- ☐ 8 servings try build-a-meal
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups whipping cream

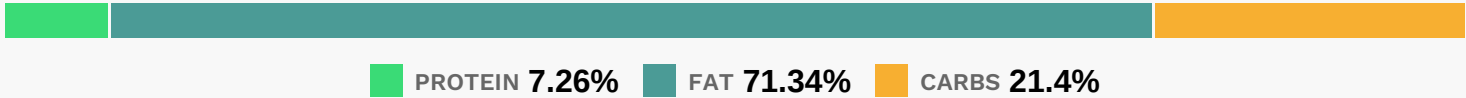
Equipment

- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Trim bases from fennel bulbs; cut into eighths, reserving fronds for another use. Arrange fennel in a lightly greased 11- x 7-inch baking dish.
- ☐ Whisk together whipping cream and next 3 ingredients, and pour over fennel slices.
- ☐ Sprinkle fennel slices with breadcrumbs and Parmesan cheese; dot with butter.
- ☐ Bake, covered, at 425 for 20 minutes. Uncover and bake 20 more minutes or until fennel is tender and yields when a knife is inserted into the thickest slices.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:2.27, Inflammation Score:-6, Nutrition Score:11.341739105142%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 236.33kcal (11.82%), Fat: 19.5g (29.99%), Saturated Fat: 11.38g (71.14%), Carbohydrates: 13.16g (4.39%), Net Carbohydrates: 9.11g (3.31%), Sugar: 6.16g (6.85%), Cholesterol: 52.55mg (17.52%), Sodium: 317.8mg (13.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.93%), Vitamin K: 75.44µg (71.85%), Vitamin A: 931.93IU (18.64%), Vitamin C: 14.31mg (17.35%), Manganese: 0.34mg (17.03%), Fiber: 4.05g (16.2%), Potassium: 546.58mg (15.62%), Calcium: 132.07mg (13.21%), Phosphorus: 118.89mg (11.89%), Folate: 37.45µg (9.36%), Vitamin B2: 0.15mg (8.8%), Vitamin E: 1.2mg (7.97%), Magnesium: 28.73mg (7.18%), Iron: 1.17mg (6.48%), Selenium: 4.23µg (6.04%), Vitamin B3: 1.07mg (5.34%), Copper: 0.1mg (5.06%), Vitamin D: 0.73µg (4.86%), Vitamin B5: 0.44mg (4.37%),

Vitamin B6: 0.08mg (4.11%), Vitamin B1: 0.06mg (3.87%), Zinc: 0.54mg (3.57%), Vitamin B12: 0.12µg (2.06%)