



Cucumber and Fennel Meze



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



249 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 1 teaspoon peppercorns black
- ☐ 1 tablespoon coriander seeds
- ☐ 2 very young fennel bulbs
- ☐ 1 teaspoon fennel seeds
- ☐ 4 servings olive oil to taste
- ☐ 0.5 teaspoon pepper flakes optional red to taste (or)
- ☐ 2 tablespoon salt

- ☐ 3 tablespoon sugar
- ☐ 1 cup water
- ☐ 3 cup vinegar white
- ☐ 10 clove garlic whole peeled

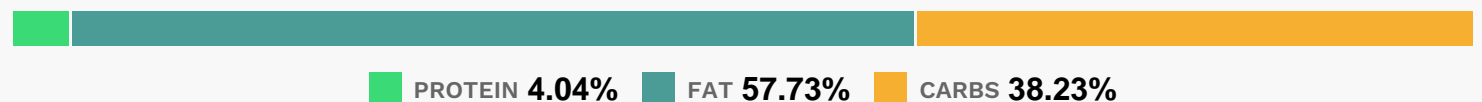
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan

Directions

- ☐ Cut your cucumber into ½-inch spears. You may need to quarter or half them. Young Persian cucumbers can often be left whole. You are looking for uniformity, so use your judgment. Trim the fennel bulbs evenly, and cut them lengthwise into quarters. retain the fronds for garnish.
- ☐ Remove some of the core, keeping the layers intact. Slice these into ½-inch slices.
- ☐ Put the cucumbers, fennel, Thai chilis and garlic cloves into a low-sided large baking dish.
- ☐ Add all the remaining ingredients to a large, non-reactive, saucepan. Bring the mixture to a boil.
- ☐ Remove the pan from the heat and let it cool some for about 5 minutes. Then poor the hot liquid over the cucumber fennel mixture, stirring to coat well. The liquid should nearly cover all the ingredients. If not add a bit more water.
- ☐ Let the mixture cool completely. You may then cover the dish and move it into the refrigerator. They will be ready to eat in about 4 hours, but will be at their best if you wait until the next day before eating them.
- ☐ Serve chilled on a family style platter with a bit of the marinade and a good drizzle of fruity olive oil.
- ☐ Garnish with fennel fronds.

Nutrition Facts



Properties

Glycemic Index:56.77, Glycemic Load:9.37, Inflammation Score:-4, Nutrition Score:11.941738906114%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 249.27kcal (12.46%), Fat: 14.67g (22.57%), Saturated Fat: 2.08g (13%), Carbohydrates: 21.86g (7.29%), Net Carbohydrates: 16.98g (6.17%), Sugar: 13.76g (15.29%), Cholesterol: 0mg (0%), Sodium: 3562.69mg (154.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Vitamin K: 84.1µg (80.09%), Manganese: 0.67mg (33.32%), Vitamin C: 16.76mg (20.32%), Fiber: 4.88g (19.52%), Vitamin E: 2.81mg (18.72%), Potassium: 563.25mg (16.09%), Calcium: 107.29mg (10.73%), Iron: 1.61mg (8.94%), Phosphorus: 87.69mg (8.77%), Magnesium: 32.69mg (8.17%), Folate: 32.12µg (8.03%), Vitamin B6: 0.16mg (7.96%), Copper: 0.16mg (7.93%), Vitamin A: 239.82IU (4.8%), Selenium: 3.34µg (4.77%), Vitamin B3: 0.9mg (4.5%), Vitamin B2: 0.06mg (3.37%), Vitamin B5: 0.33mg (3.34%), Zinc: 0.46mg (3.05%), Vitamin B1: 0.03mg (2.24%)