



Fennel and Carrot Confit



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 2 medium carrots
- ☐ 0.1 teaspoon cayenne
- ☐ 1 small fennel bulb
- ☐ 2 inch lemon zest very thinly sliced
- ☐ 1.3 cups olive oil

Equipment

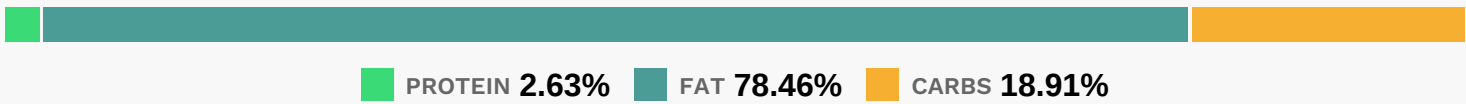
- ☐ bowl
- ☐ sauce pan

☐ peeler

Directions

- ☐ Shave carrots with a vegetable peeler into very thin, wide ribbons. Quarter fennel bulb lengthwise, then very thinly slice lengthwise.
- ☐ Heat oil with cayenne, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a 1-quart heavy saucepan over low heat until warm.
- ☐ Add carrots, fennel, and zest and cook gently, without simmering, stirring occasionally, until vegetables are just tender, 15 to 20 minutes.
- ☐ Drain oil into a bowl (see cooks' note, below) and transfer vegetables to another bowl to cool to room temperature.
- ☐ •Confit can be made 1 day ahead and chilled. Bring to room temperature before serving. •The oil left over from cooking the vegetables can be used in salad dressings or to flavor soups.

Nutrition Facts



Properties

Glycemic Index:30.96, Glycemic Load:2.08, Inflammation Score:-10, Nutrition Score:10.581739130227%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 150.78kcal (7.54%), Fat: 13.7g (21.08%), Saturated Fat: 1.93g (12.05%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 4.61g (1.68%), Sugar: 3.8g (4.23%), Cholesterol: 0mg (0%), Sodium: 51.83mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.07%), Vitamin A: 5200.36IU (104.01%), Vitamin K: 48.94µg (46.61%), Vitamin E: 2.51mg (16.71%), Vitamin C: 10.51mg (12.73%), Fiber: 2.82g (11.28%), Potassium: 343.22mg (9.81%), Manganese: 0.16mg (7.83%), Folate: 21.82µg (5.46%), Calcium: 40.66mg (4.07%), Phosphorus: 40.26mg (4.03%), Vitamin B6: 0.07mg (3.67%), Magnesium: 13.89mg (3.47%), Vitamin B3: 0.68mg (3.42%), Iron: 0.61mg (3.38%), Copper: 0.05mg (2.69%), Vitamin B2: 0.04mg (2.24%), Vitamin B5: 0.22mg (2.23%), Vitamin B1: 0.03mg (1.8%), Zinc: 0.19mg (1.3%)