



Fennel and Oranges Steamed in Foil



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



100 kcal

SIDE DISH

Ingredients



5 fennel bulbs trimmed sliced



4 sprigs thyme leaves fresh



6 garlic cloves peeled sliced



10 servings kosher salt and pepper black freshly ground



0.3 cup olive oil extra-virgin



2 oranges peeled sliced

Equipment



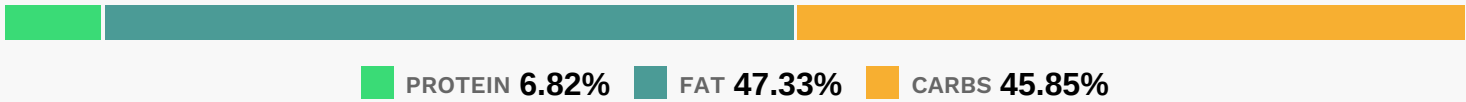
grill

☐ aluminum foil

Directions

- ☐ Place the fennel onto the center of a large piece of aluminum foil. Squeeze the juice from the orange slices over the fennel and put the slices on top. Scatter over the garlic and thyme; season with salt and pepper.
- ☐ Drizzle the olive oil over everything. Pull the sides of the foil up and seal.
- ☐ Place on the grill over low heat and let it steam until the fennel is tender, about 35 to 45 minutes.
- ☐ Serve with the pork.

Nutrition Facts



Properties

Glycemic Index:19.45, Glycemic Load:3.46, Inflammation Score:-6, Nutrition Score:10.103913105052%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Hesperetin: 7.14mg, Hesperetin: 7.14mg, Hesperetin: 7.14mg, Hesperetin: 7.14mg Naringenin: 4.01mg, Naringenin: 4.01mg, Naringenin: 4.01mg, Naringenin: 4.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 99.66kcal (4.98%), Fat: 5.68g (8.75%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 12.39g (4.13%), Net Carbohydrates: 8.02g (2.91%), Sugar: 7.07g (7.85%), Cholesterol: 0mg (0%), Sodium: 61.31mg (2.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.69%), Vitamin K: 76.92µg (73.26%), Vitamin C: 29.18mg (35.37%), Fiber: 4.37g (17.5%), Potassium: 542.84mg (15.51%), Manganese: 0.28mg (13.99%), Vitamin E: 1.51mg (10.04%), Folate: 39.7µg (9.93%), Calcium: 73.18mg (7.32%), Phosphorus: 65.5mg (6.55%), Magnesium: 23.77mg (5.94%), Iron: 1.02mg (5.67%), Copper: 0.1mg (4.9%), Vitamin B6: 0.09mg (4.74%), Vitamin A: 235.44IU (4.71%), Vitamin B3: 0.84mg (4.22%), Vitamin B5: 0.35mg (3.51%), Vitamin B2: 0.05mg (3.06%), Vitamin B1: 0.04mg (2.56%), Zinc: 0.28mg (1.88%), Selenium: 1.21µg (1.73%)