



Fennel Baked in Cream

 Gluten Free

READY IN



105 min.

SERVINGS



4

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds fennel bulb halved lengthwise cut into 1/2-inch (12-mm) wide wedges) (2 large bulbs)
- 2 cups cup heavy whipping cream
- 1.5 cups parmesan finely grated
- 1 serving pepper black freshly ground
- 2 tablespoons butter unsalted cut into small chunks)

Equipment

- bowl
- oven

- baking pan
- aluminum foil

Directions

- Preheat the oven to 425°F (218°C).
- In a bowl, toss together the fennel, cream, and 1 cup cheese. Season with salt and pepper.
- Transfer to a 3-quart baking dish and dot with as much or as little of the butter as you wish, depending on how rich a dish you prefer. (You can assemble the ingredients in the baking dish and refrigerate for up to 24 hours if you need to get the prep work done ahead of time.)
- Cover the dish with foil and bake for 1 hour.
- Uncover the baking dish and sprinkle with the remaining cheese. Continue baking, uncovered, until the fennel is tender and the surface is well browned, about 30 minutes.
- Serve immediately.

Nutrition Facts

PROTEIN 11.29% **FAT 78.58%** **CARBS 10.13%**

Properties

Glycemic Index:26, Glycemic Load:3.54, Inflammation Score:-9, Nutrition Score:21.906956579374%

Flavonoids

Eriodictyol: 1.84mg, Eriodictyol: 1.84mg, Eriodictyol: 1.84mg, Eriodictyol: 1.84mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 654.58kcal (32.73%), Fat: 58.66g (90.25%), Saturated Fat: 37.27g (232.96%), Carbohydrates: 17.02g (5.67%), Net Carbohydrates: 11.74g (4.27%), Sugar: 10.46g (11.63%), Cholesterol: 175.02mg (58.34%), Sodium: 722.11mg (31.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.96g (37.91%), Vitamin K: 111.8µg (106.47%), Calcium: 607.68mg (60.77%), Vitamin A: 2445.17IU (48.9%), Phosphorus: 416.04mg (41.6%), Vitamin C: 21.13mg (25.61%), Potassium: 853.76mg (24.39%), Vitamin B2: 0.41mg (23.83%), Fiber: 5.28g (21.12%), Selenium: 13.27µg (18.96%), Manganese: 0.34mg (16.85%), Vitamin E: 2.33mg (15.51%), Vitamin D: 2.2µg (14.64%), Magnesium: 53.93mg (13.48%), Folate: 53.53µg (13.38%), Zinc: 1.66mg (11.09%), Vitamin B12: 0.65µg (10.87%), Iron: 1.67mg (9.29%), Vitamin B5: 0.88mg (8.76%), Vitamin B6: 0.16mg (7.8%), Copper: 0.14mg (6.94%), Vitamin B3: 1.27mg (6.35%), Vitamin B1: 0.06mg (3.72%)