



Fennel & black olive gratin

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



267 kcal

SIDE DISH

Ingredients

- ☐ 3 plump bulbs of fennel
- ☐ 6 servings scrap of butter
- ☐ 70 g olive black dry with herbs (try crespino's version, from supermarkets), roughly chopped pitted
- ☐ 284 ml carton double cream
- ☐ 5 tbsp pecorino cheese finely grated

Equipment

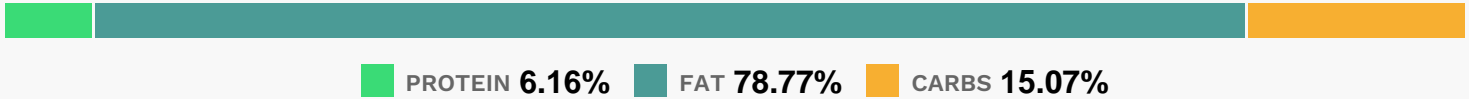
- ☐ frying pan
- ☐ sauce pan

☐ oven

Directions

- ☐ Preheat the oven to 220C/gas 7/fan 200C. Boil up a big saucepan of water.
- ☐ Meanwhile trim the roots off each fennel bulb, remove the first leaf, then keep trimming off more root and removing more leaves, right down to the core.
- ☐ Cut off and discard (or keep for a stock) all the green stalky bits and coarse outer leaves. Slicing along the grain of the leaves, cut them into tulip-petal sized pieces.
- ☐ Throw the fennel into the boiling water, cover the pan and bring back to the boil.
- ☐ Remove the lid and boil for 5 minutes to blanch the fennel, then drain thoroughly.
- ☐ Lightly butter a large (about 25cm diameter) gratin or other ovenproof dish.
- ☐ Spread half the fennel over the bottom of the dish and strew evenly with half the olives. Cover with the remaining fennel and olives and season well.
- ☐ Pour over the cream, then sprinkle a thick layer of cheese on top.
- ☐ Bake the gratin on the middle shelf of the oven for about 20 minutes or until the cream is bubbling, the top lightly gilded, and the fennel tender. Leave to cool for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:2.25, Inflammation Score:-6, Nutrition Score:10.998695601588%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 267.06kcal (13.35%), Fat: 24.39g (37.52%), Saturated Fat: 14.58g (91.1%), Carbohydrates: 10.5g (3.5%), Net Carbohydrates: 6.48g (2.36%), Sugar: 6.08g (6.76%), Cholesterol: 68.89mg (22.96%), Sodium: 337.85mg (14.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.58%), Vitamin K: 75.6µg (72%), Vitamin A: 1044.82IU (20.9%), Vitamin C: 14.33mg (17.36%), Fiber: 4.01g (16.05%), Potassium: 539.3mg (15.41%), Calcium: 140.36mg (14.04%), Phosphorus: 119.45mg (11.95%), Vitamin E: 1.69mg (11.24%), Manganese: 0.22mg (11.24%), Folate:

34.29µg (8.57%), Vitamin B2: 0.14mg (8.52%), Magnesium: 26.31mg (6.58%), Iron: 0.99mg (5.51%), Vitamin D: 0.78µg (5.22%), Copper: 0.1mg (4.89%), Selenium: 3.01µg (4.3%), Vitamin B5: 0.42mg (4.19%), Vitamin B3: 0.81mg (4.06%), Vitamin B6: 0.08mg (3.95%), Zinc: 0.46mg (3.1%), Vitamin B12: 0.13µg (2.19%), Vitamin B1: 0.03mg (1.7%)