



Fennel Dauphinoise

 Gluten Free

READY IN



75 min.

SERVINGS



2

CALORIES



375 kcal

SIDE DISH

Ingredients

- ☐ 225 g potatoes very thinly sliced
- ☐ 1 small fennel bulb sliced
- ☐ 1 garlic clove finely chopped
- ☐ 75 ml milk whole
- ☐ 100 ml double cream
- ☐ 2 servings butter for ramekins
- ☐ 2 tbsp parmesan finely grated (or vegetarian alternative)

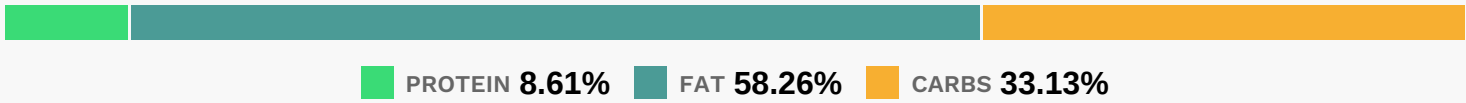
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ ramekin

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Put potatoes, fennel, and garlic in a medium non-stick pan.
- ☐ Pour in milk and double cream, season well and simmer gently, covered, for 10 mins, stirring halfway through, until potatoes are just tender.
- ☐ Divide the mixture between 2 small (about 150ml) buttered ramekins and scatter with Parmesan.
- ☐ Bake for 40 mins until the potatoes are golden and tender when pierced with a knife. Snip the reserved fennel fronds over before serving.

Nutrition Facts



Properties

Glycemic Index:136.88, Glycemic Load:17.47, Inflammation Score:-7, Nutrition Score:17.915217275205%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 374.8kcal (18.74%), Fat: 25.08g (38.59%), Saturated Fat: 15.81g (98.84%), Carbohydrates: 32.09g (10.7%), Net Carbohydrates: 25.96g (9.44%), Sugar: 8.86g (9.85%), Cholesterol: 75.63mg (25.21%), Sodium: 208.37mg (9.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.35g (16.69%), Vitamin K: 77.8µg (74.09%), Vitamin C: 36.97mg (44.81%), Potassium: 1075.62mg (30.73%), Fiber: 6.13g (24.53%), Phosphorus: 229.05mg (22.91%), Vitamin B6: 0.45mg (22.57%), Vitamin A: 1125.2IU (22.5%), Calcium: 214.71mg (21.47%), Manganese: 0.42mg (21.19%), Vitamin B2: 0.24mg (14.2%), Magnesium: 56.6mg (14.15%), Folate: 52.15µg (13.04%), Copper: 0.21mg (10.54%), Iron: 1.85mg (10.27%), Vitamin B3: 2.03mg (10.17%), Vitamin B1: 0.14mg (9.24%), Vitamin B5: 0.91mg (9.14%), Vitamin E: 1.3mg (8.67%), Vitamin D: 1.26µg (8.37%), Selenium: 4.79µg (6.84%), Zinc: 1mg (6.66%), Vitamin B12: 0.36µg (5.96%)