

## Fennel gratin

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



295 kcal

SIDE DISH

### Ingredients

- ☐ 4 large fennel bulb
- ☐ 1 pinch nutmeg grated
- ☐ 1 garlic clove crushed
- ☐ 200 ml double cream
- ☐ 50 g parmesan (or vegetarian alternative)

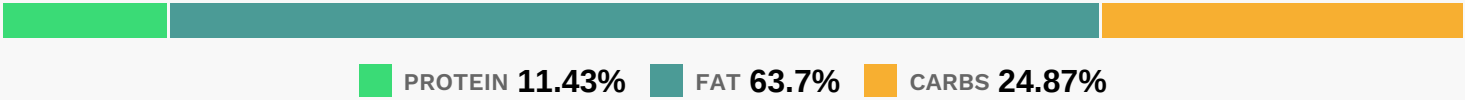
### Equipment

- ☐ frying pan
- ☐ oven

# Directions

☐ Heat oven to 200C/fan 180C/gas 6 and put a pan of salted water on to boil. Trim the fennel tops, then cut into wedges. Boil for 5–6 mins, then drain well. Arrange in an ovenproof dish, season and sprinkle with nutmeg. Stir the garlic into the cream and pour over the fennel. Top with the Parmesan, then bake for 20 mins until golden.

## Nutrition Facts



## Properties

Glycemic Index:43, Glycemic Load:4.65, Inflammation Score:-7, Nutrition Score:18.075217298839%

## Flavonoids

Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

## Nutrients (% of daily need)

Calories: 294.98kcal (14.75%), Fat: 21.95g (33.77%), Saturated Fat: 13.9g (86.85%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 11.96g (4.35%), Sugar: 10.84g (12.05%), Cholesterol: 65.34mg (21.78%), Sodium: 335.68mg (14.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.86g (17.72%), Vitamin K: 148.79µg (141.7%), Vitamin C: 28.62mg (34.69%), Calcium: 297.67mg (29.77%), Potassium: 1031.93mg (29.48%), Fiber: 7.32g (29.29%), Manganese: 0.47mg (23.49%), Phosphorus: 234.6mg (23.46%), Vitamin A: 1150.89IU (23.02%), Folate: 66.28µg (16.57%), Vitamin B2: 0.21mg (12.47%), Magnesium: 49.45mg (12.36%), Vitamin E: 1.85mg (12.32%), Iron: 1.88mg (10.45%), Selenium: 6.07µg (8.67%), Copper: 0.17mg (8.44%), Vitamin B3: 1.57mg (7.86%), Vitamin B6: 0.15mg (7.43%), Vitamin B5: 0.73mg (7.32%), Zinc: 0.95mg (6.31%), Vitamin D: 0.87µg (5.78%), Vitamin B12: 0.23µg (3.84%), Vitamin B1: 0.04mg (2.71%)