



## Fennel Gratin

 Popular

READY IN



60 min.

SERVINGS



6

CALORIES



213 kcal

SIDE DISH

## Ingredients

- ☐ 2 pounds fennel bulbs (with fronds), 3-4 bulbs
- ☐ 6 servings salt
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 2 ounces parmesan cheese (grated)
- ☐ 0.5 cup bread crumbs (plain (herbed or )
- ☐ 2 teaspoons thyme leaves (fresh)
- ☐ 2 ounces mozzarella cheese (shredded)
- ☐ 6 servings fennel fronds (chopped for garnish)

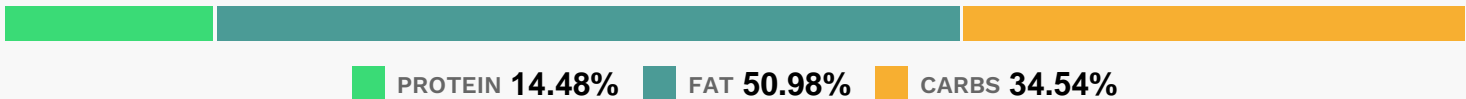
# Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ casserole dish

# Directions

- ☐ Prep and cut the fennel:
- ☐ Cut off the fronds and stems of the fennel and save them for another dish; they are a great addition to stocks and broths.
- ☐ Cut the bulbs in quarters, then 1-2 inch pieces; discard the woody cores.
- ☐ Preheat oven, prep pan: Grease a casserole pan or gratin pan with 1 tablespoon olive oil and preheat the oven to 375°F.
- ☐ Boil the fennel: Boil the fennel in a medium pot of salty water for 5-6 minutes, or until the fennel is just about tender.
- ☐ Drain well and toss with a tablespoon of olive oil.
- ☐ Mix the parmesan, thyme and bread crumbs, then mix half of that mixture with the fennel.
- ☐ Add the fennel to the casserole in an even layer.
- ☐ Top with the mozzarella cheese, then the rest of the parmesan-bread crumb mixture.
- ☐ Drizzle 1-2 tablespoons of olive oil over the top.
- ☐ Bake: Cover the casserole and bake at 375°F for 20 minutes. Then remove the cover and bake until the cheese is well browned, about 15 more minutes.
- ☐ Let the gratin rest for 5 minutes before serving.
- ☐ Garnish with chopped fresh fennel fronds.

# Nutrition Facts



# Properties

Glycemic Index:27, Glycemic Load:2.96, Inflammation Score:-7, Nutrition Score:14.740434887617%

Flavonoids

Eriodictyol: 1.64mg, Eriodictyol: 1.64mg, Eriodictyol: 1.64mg, Eriodictyol: 1.64mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 213.42kcal (10.67%), Fat: 12.55g (19.31%), Saturated Fat: 3.92g (24.51%), Carbohydrates: 19.13g (6.38%), Net Carbohydrates: 13.91g (5.06%), Sugar: 6.64g (7.38%), Cholesterol: 15.69mg (5.23%), Sodium: 563.64mg (24.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.04%), Vitamin K: 100.77µg (95.97%), Vitamin C: 19.33mg (23.43%), Calcium: 225.2mg (22.52%), Fiber: 5.22g (20.87%), Manganese: 0.4mg (19.81%), Potassium: 676.48mg (19.33%), Phosphorus: 185.02mg (18.5%), Vitamin E: 1.96mg (13.09%), Folate: 52.25µg (13.06%), Selenium: 8.25µg (11.78%), Iron: 1.79mg (9.93%), Magnesium: 36.01mg (9%), Vitamin B2: 0.15mg (8.67%), Vitamin B3: 1.6mg (8%), Vitamin A: 381.24IU (7.62%), Zinc: 1.13mg (7.55%), Vitamin B1: 0.11mg (7.2%), Copper: 0.13mg (6.6%), Vitamin B12: 0.37µg (6.24%), Vitamin B6: 0.1mg (4.79%), Vitamin B5: 0.45mg (4.5%)