



Fennel Gratin

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



149 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds fennel bulbs cut into 1/ slices (3-4 bulbs)
- ☐ 1 tablespoon oil
- ☐ 0.5 cup panko bread crumbs (or regular bread crumbs)
- ☐ 0.5 cup parmigiano reggiano grated (parmesan)
- ☐ 6 servings salt and pepper to taste
- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 2 teaspoons thyme leaves chopped

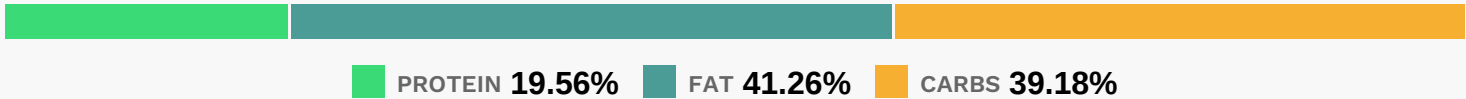
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Boil the fennel in water until tender, about 5–6 minutes and drain.Toss the fennel in the olive oil along with the salt and pepper and place it into a baking dish.
- ☐ Sprinkle on the mozzarella.
- ☐ Mix the bread crumbs, parmesan, thyme and oil and sprinkle on top.
- ☐ Bake in a preheated 375F oven, covered for 20 minutes, remove the cover and bake until the cheese is melted and golden brown, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:3.02, Inflammation Score:-7, Nutrition Score:13.573043522627%

Flavonoids

Eriodictyol: 1.63mg, Eriodictyol: 1.63mg, Eriodictyol: 1.63mg, Eriodictyol: 1.63mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 148.59kcal (7.43%), Fat: 7.15g (11%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 15.27g (5.09%), Net Carbohydrates: 10.27g (3.73%), Sugar: 6.41g (7.13%), Cholesterol: 13.04mg (4.35%), Sodium: 501.09mg (21.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.26%), Vitamin K: 97.3µg (92.67%), Vitamin C: 19.21mg (23.29%), Calcium: 231.86mg (23.19%), Fiber: 5.01g (20.02%), Potassium: 654.62mg (18.7%), Manganese: 0.35mg (17.56%), Phosphorus: 175.43mg (17.54%), Folate: 47.71µg (11.93%), Vitamin E: 1.33mg (8.84%), Iron: 1.57mg (8.74%), Magnesium: 34.46mg (8.61%), Selenium: 5.78µg (8.26%), Vitamin B2: 0.13mg (7.4%), Vitamin A: 362.45IU (7.25%), Vitamin B3: 1.34mg (6.72%), Copper: 0.12mg (6%), Zinc: 0.89mg (5.93%), Vitamin B12: 0.33µg (5.5%), Vitamin B1: 0.07mg (4.66%), Vitamin B6: 0.09mg (4.52%), Vitamin B5: 0.43mg (4.32%)