



Fennel Gratin with Pecorino and Lemon

READY IN



90 min.

SERVINGS



10

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3 tablespoons butter
- ☐ 1.5 teaspoons kosher salt
- ☐ 5 large fennel bulb fresh cored trimmed cut into 1/4-inch-thick slices
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 3 large garlic clove minced
- ☐ 1.5 teaspoons lemon zest finely grated
- ☐ 0.5 cup chicken broth
- ☐ 5 tablespoons olive oil

- ☐ 12 ounce onion halved cut into 1/4-inch-thick slices
- ☐ 0.8 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 1 cup pecorino cheese

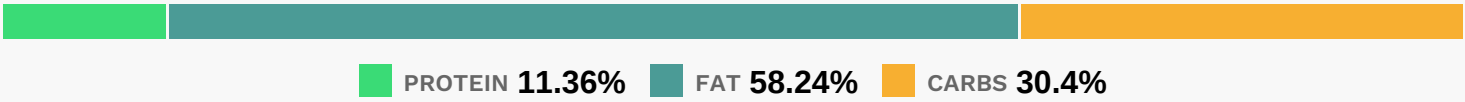
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Lightly oil shallow 2-quart glass or ceramic baking dish.
- ☐ Heat 5 tablespoons oil in large wide pot over medium heat.
- ☐ Add onion and garlic; sauté until softbut not brown, about 5 minutes.
- ☐ Addfennel; increase heat to medium-high andsautéuntil fennel is slightly softened andbeginning to brown, stirring frequently,about 18 minutes. Stir in broth and next 4ingredients. Reduce heat to medium-low;simmer until most of broth is absorbed,about 5 minutes.
- ☐ Transfer to dish.DO AHEAD: Can be made 1 day ahead. Coolslightly; cover and chill.
- ☐ Let stand at roomtemperature 1 hour before baking.
- ☐ Melt butter inlarge nonstick skillet over medium heat.
- ☐ Add panko; sauté until golden, about 3minutes.
- ☐ Remove from heat; cool to roomtemperature. Stir Pecorino, parsley, and peelinto panko. DO AHEAD: Can be made 1 dayahead. Store airtight in refrigerator.
- ☐ Preheat oven to 425°F.
- ☐ Sprinkle pankomixture over fennel.
- ☐ Bake until gratin isheated through and topping is deep golden,about 20 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:28.8, Glycemic Load:3.15, Inflammation Score:-8, Nutrition Score:12.748695491449%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Apigenin: 1.75mg, Apigenin: 1.75mg, Apigenin: 1.75mg, Apigenin: 1.75mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg

Nutrients (% of daily need)

Calories: 202.96kcal (10.15%), Fat: 13.7g (21.08%), Saturated Fat: 5.04g (31.49%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 11.49g (4.18%), Sugar: 6.44g (7.15%), Cholesterol: 19.43mg (6.48%), Sodium: 595.35mg (25.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.02%), Vitamin K: 91.94µg (87.56%), Vitamin C: 19.41mg (23.53%), Calcium: 187.97mg (18.8%), Fiber: 4.61g (18.43%), Manganese: 0.35mg (17.64%), Potassium: 576.88mg (16.48%), Phosphorus: 159.12mg (15.91%), Vitamin E: 1.83mg (12.17%), Folate: 45.31µg (11.33%), Iron: 1.49mg (8.26%), Vitamin A: 405.35IU (8.11%), Magnesium: 31.5mg (7.87%), Vitamin B2: 0.11mg (6.6%), Vitamin B3: 1.29mg (6.45%), Vitamin B6: 0.13mg (6.31%), Copper: 0.12mg (6.03%), Selenium: 3.75µg (5.36%), Vitamin B1: 0.08mg (5.19%), Zinc: 0.67mg (4.43%), Vitamin B5: 0.4mg (3.99%), Vitamin B12: 0.15µg (2.44%)