



Fennel Pistachio Dressing

READY IN



45 min.

SERVINGS



10

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups breadcrumbs fresh soft () (6 to 7 slices)
- ☐ 1 tablespoon butter
- ☐ 2 cups celery diced finely
- ☐ 2 large eggs lightly beaten
- ☐ 10 servings garnish: fennel sprigs
- ☐ 5 cups fennel bulb cored coarsely chopped (3 medium fennel bulbs)
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 2.5 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 8 ounces roasted salted shelled
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup shallots finely chopped (2 to 3 shallots)

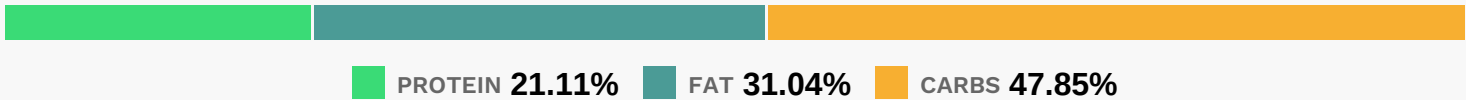
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Melt butter over medium heat in a large saut pan.
- ☐ Add shallot, celery, and garlic, and saut 8 minutes or until vegetables begin to soften; transfer to a large bowl.
- ☐ Add olive oil to skillet, and heat over medium-high heat 1 to 2 minutes or until hot.
- ☐ Add fennel, and saut over medium-high heat 8 to 10 minutes or until lightly browned.
- ☐ Add fennel to celery mixture; let cool 10 minutes. Stir in remaining ingredients until well combined. Spoon into a lightly greased 13- x 9-inch baking pan.
- ☐ Bake at 400 for 40 to 45 minutes or until lightly browned.
- ☐ Let stand 10 minutes before serving.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:40.4, Glycemic Load:1.91, Inflammation Score:-6, Nutrition Score:17.850869489753%

Flavonoids

Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 331.88kcal (16.59%), Fat: 11.51g (17.71%), Saturated Fat: 3.97g (24.81%), Carbohydrates: 39.94g (13.31%), Net Carbohydrates: 35.77g (13.01%), Sugar: 5.77g (6.41%), Cholesterol: 63.2mg (21.07%), Sodium: 614.08mg (26.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.61g (35.23%), Vitamin K: 38.97µg (37.11%), Vitamin B1: 0.55mg (36.38%), Selenium: 24.44µg (34.91%), Manganese: 0.69mg (34.3%), Vitamin B3: 5.5mg (27.49%), Phosphorus: 263.31mg (26.33%), Calcium: 228.76mg (22.88%), Vitamin B2: 0.36mg (21.33%), Iron: 3.55mg (19.72%), Folate: 78.78µg (19.7%), Vitamin B6: 0.37mg (18.64%), Fiber: 4.18g (16.71%), Potassium: 575.25mg (16.44%), Zinc: 1.88mg (12.56%), Magnesium: 47.33mg (11.83%), Copper: 0.22mg (11.23%), Vitamin C: 7.8mg (9.46%), Vitamin B12: 0.55µg (9.2%), Vitamin B5: 0.79mg (7.87%), Vitamin A: 385.74IU (7.71%), Vitamin E: 0.97mg (6.5%), Vitamin D: 0.34µg (2.27%)