



Garlic-Roasted Potatoes and Fennel



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon coriander seeds crushed
- ☐ 2 large fennel bulbs with stalks, (2 pounds)
- ☐ 1 teaspoon fennel seeds crushed
- ☐ 1 garlic head whole
- ☐ 2 large bell peppers green cut into 1/2-inch strips
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon paprika smoked sweet spanish

- ☐ 2 pounds potatoes red halved
- ☐ 0.1 teaspoon saffron threads
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sherry vinegar
- ☐ 1.5 cups vegetable broth

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

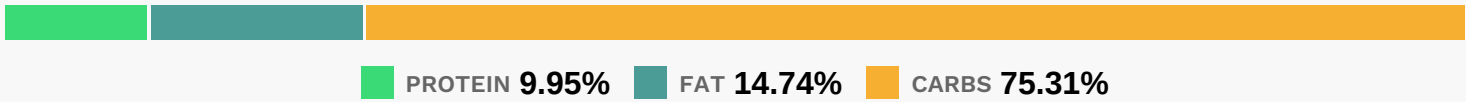
Directions

- ☐ Preheat the oven to 37
- ☐ Trim tough outer leaves from fennel; reserve fennel fronds for garnish, if desired.
- ☐ Remove and discard stalks.
- ☐ Cut fennel bulbs in half lengthwise; discard core.
- ☐ Cut bulb halves in half lengthwise.
- ☐ Arrange potatoes in a single layer in a jelly roll pan or large roasting pan coated with cooking spray; drizzle with oil.
- ☐ Remove white papery skin from garlic head. Separate and peel cloves. Finely chop 1 garlic clove; sprinkle over potatoes.
- ☐ Add peeled garlic cloves, pepper strips, fennel seeds, coriander, paprika, salt, and black pepper to potatoes; toss well to combine.
- ☐ Heat broth in a small saucepan over medium heat until warm.
- ☐ Remove from heat; stir in saffron.
- ☐ Let stand 10 minutes. Stir in vinegar; drizzle broth mixture over potato mixture.
- ☐ Bake at 375 for 30 minutes.
- ☐ Remove from oven, and arrange fennel wedges over potato mixture. Return to oven; cook an additional 50 minutes or until the broth mixture almost evaporates and potatoes begin to brown, stirring once.

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Garnish with reserved fennel fronds, if desired.

Nutrition Facts



Properties

Glycemic Index:41.17, Glycemic Load:2.03, Inflammation Score:-7, Nutrition Score:16.298695813055%

Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Luteolin: 2.58mg, Luteolin: 2.58mg, Luteolin: 2.58mg, Luteolin: 2.58mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 168.46kcal (8.42%), Fat: 2.93g (4.5%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 33.67g (11.22%), Net Carbohydrates: 27.4g (9.96%), Sugar: 6.85g (7.61%), Cholesterol: 0mg (0%), Sodium: 499.07mg (21.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.9%), Vitamin C: 66.63mg (80.76%), Vitamin K: 59.03µg (56.22%), Potassium: 1123.84mg (32.11%), Fiber: 6.27g (25.08%), Manganese: 0.48mg (23.78%), Vitamin B6: 0.43mg (21.38%), Copper: 0.3mg (15.03%), Phosphorus: 146.71mg (14.67%), Magnesium: 54.98mg (13.74%), Folate: 53.85µg (13.46%), Vitamin B3: 2.55mg (12.73%), Iron: 2.05mg (11.38%), Vitamin B1: 0.17mg (11.01%), Vitamin A: 525.33IU (10.51%), Vitamin E: 1.06mg (7.03%), Calcium: 66.92mg (6.69%), Vitamin B5: 0.66mg (6.65%), Vitamin B2: 0.09mg (5.41%), Zinc: 0.77mg (5.13%), Selenium: 1.47µg (2.1%)