



Ground Beef 'Wellington' with Fennel

 Dairy Free

READY IN



60 min.

SERVINGS



2

CALORIES



1135 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon parsley dried
- ☐ 2 tablespoons bread crumbs dry
- ☐ 1 eggs
- ☐ 0.3 cup fennel bulb chopped
- ☐ 0.5 teaspoon fennel seed
- ☐ 1 tablespoon garlic minced
- ☐ 1 pound ground beef
- ☐ 0.5 cup onion diced

- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 8 ounce crescent rolls refrigerated
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vegetable oil

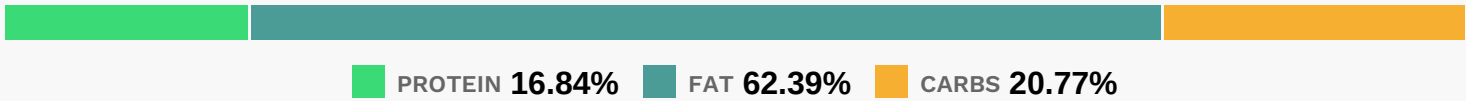
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
- ☐ Heat the vegetable oil in a skillet over medium heat. Stir in the onion, fennel, and garlic. Cook and stir until the fennel is tender, and the onion has softened and turned translucent, about 5 minutes. Stir in the fennel seed and red pepper flakes, and cook for 1 minute more. Meanwhile, beat the egg in a bowl, then mix in the ground beef, bread crumbs, parsley, and salt.
- ☐ Add the cooked vegetable mixture, and stir until combined.
- ☐ Separate the crescent roll dough into two squares. Divide the meat mixture among the crescent roll squares, then seal the dough around the meat.
- ☐ Place seam-side-down onto the prepared baking sheet.
- ☐ Bake in the preheated oven until the pastry has turned golden-brown, and the center of the pastries registers 160 degrees F (71 degrees C) on a kitchen thermometer, about 30 minutes. Slice and serve.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:1.4, Inflammation Score:-6, Nutrition Score:27.409999868144%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Apigenin: 45.04mg, Apigenin: 45.04mg, Apigenin: 45.04mg, Apigenin: 45.04mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 5.32mg, Isorhamnetin: 5.32mg, Isorhamnetin: 5.32mg, Isorhamnetin: 5.32mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

Nutrients (% of daily need)

Calories: 1134.71kcal (56.74%), Fat: 79.41g (122.17%), Saturated Fat: 29.51g (184.41%), Carbohydrates: 59.46g (19.82%), Net Carbohydrates: 57.36g (20.86%), Sugar: 14.3g (15.88%), Cholesterol: 242.87mg (80.96%), Sodium: 2326.3mg (101.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.22g (96.45%), Vitamin B12: 5.08µg (84.74%), Zinc: 10.13mg (67.54%), Selenium: 44.33µg (63.33%), Vitamin B3: 10.57mg (52.85%), Vitamin B6: 0.9mg (45.07%), Phosphorus: 449.1mg (44.91%), Iron: 7.3mg (40.53%), Vitamin K: 38.23µg (36.41%), Vitamin B2: 0.52mg (30.77%), Potassium: 822.19mg (23.49%), Manganese: 0.4mg (19.9%), Vitamin B5: 1.64mg (16.42%), Vitamin B1: 0.24mg (15.68%), Magnesium: 58.67mg (14.67%), Vitamin E: 1.98mg (13.23%), Folate: 49.44µg (12.36%), Copper: 0.23mg (11.55%), Calcium: 112.14mg (11.21%), Fiber: 2.1g (8.42%), Vitamin C: 6.87mg (8.33%), Vitamin A: 228.72IU (4.57%), Vitamin D: 0.67µg (4.45%)