



HEALTH SCORE

60%

Haricots Verts, Roasted Fennel, and Shallots



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

SIDE DISH

Ingredients

- ☐ 2 large fennel bulb fresh trimmed
- ☐ 1 pound haricots verts trimmed
- ☐ 5 tablespoons olive oil divided
- ☐ 0.8 pound shallots peeled halved

Equipment

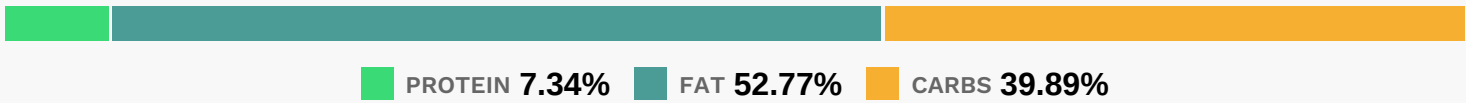
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 450°F. Spray rimmed baking sheet with nonstick spray.
- ☐ Cut fennel bulbs lengthwise in half.
- ☐ Cut halves lengthwise into 1/2-inch-wide wedges, with some core still attached to each.
- ☐ Combine fennel and shallots in large bowl.
- ☐ Add 3 tablespoons oil; stir to coat. Arrange fennel and shallots in single layer on prepared sheet.
- ☐ Sprinkle generously with salt and pepper. Roast until tender and golden, stirring every 10 minutes, about 35 minutes.
- ☐ Cook haricots verts in large saucepan of boiling salted water until crisp-tender, about 3 minutes.
- ☐ Drain. Rinse with cold water and drain again. Pat dry.
- ☐ Heat remaining 2 tablespoons oil in large skillet over medium-high heat.
- ☐ Add roasted vegetables and haricots verts; toss until heated through, about 3 minutes. Season with salt and pepper.
- ☐ Transfer to bowl and serve.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:7.91, Inflammation Score:-8, Nutrition Score:19.903913021088%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 287.36kcal (14.37%), Fat: 18.07g (27.8%), Saturated Fat: 2.59g (16.2%), Carbohydrates: 30.73g (10.24%), Net Carbohydrates: 21.32g (7.75%), Sugar: 14.99g (16.65%), Cholesterol: 0mg (0%), Sodium: 78.2mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.3%), Vitamin K: 133.45µg (127.1%), Vitamin C: 34.68mg (42.03%), Fiber: 9.41g (37.64%), Manganese: 0.72mg (35.84%), Potassium: 1007.89mg (28.8%), Vitamin B6: 0.51mg (25.41%), Vitamin E: 3.7mg (24.65%), Folate: 97.93µg (24.48%), Vitamin A: 942.63IU (18.85%), Iron: 3.14mg (17.45%), Magnesium: 66.1mg (16.52%), Phosphorus: 152.62mg (15.26%), Calcium: 130.93mg (13.09%), Copper: 0.23mg (11.52%), Vitamin B1: 0.16mg (10.38%), Vitamin B2: 0.17mg (10.14%), Vitamin B3: 1.75mg (8.76%), Vitamin B5: 0.77mg (7.73%), Zinc: 0.85mg (5.64%), Selenium: 2.52µg (3.6%)