

# Marc Vetri's Fennel Gratin

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



231 kcal

SIDE DISH

## Ingredients

- 2 pounds fennel bulb trimmed
- 2.5 cups olive oil
- 0.3 cup parmesan cheese freshly grated
- 1.3 teaspoons pepper red
- 6 servings pepper black freshly ground

## Equipment

- baking sheet
- oven

spatula

## Directions

- Preheat the oven to 350°F. Trim the base of the fennel and remove all dark and light green parts down to the white bulb. Slice each bulb in half lengthwise.
- Cut each half lengthwise into 4 wedges and remove the cores.
- Lay the wedges on a rimmed baking sheet and add olive oil to a depth of 1/4 inch.
- Sprinkle each wedge with a pinch each of salt, black pepper, and red pepper flakes. Top each with about 1 teaspoon of Parmesan.
- Bake until fork-tender, about 30 minutes.
- Remove from the oven and let cool in the oil until just warm.
- Using a slotted metal spatula, transfer the fennel to plates and garnish with the reserved fennel fronds.

## Nutrition Facts

 **PROTEIN 5.94%**  **FAT 74.2%**  **CARBS 19.86%**

## Properties

Glycemic Index:12.83, Glycemic Load:2.87, Inflammation Score:-5, Nutrition Score:12.580000040324%

## Flavonoids

Eriodictyol: 1.63mg, Eriodictyol: 1.63mg, Eriodictyol: 1.63mg, Eriodictyol: 1.63mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 230.81kcal (11.54%), Fat: 19.92g (30.65%), Saturated Fat: 3.49g (21.83%), Carbohydrates: 12g (4%), Net Carbohydrates: 7.14g (2.6%), Sugar: 5.98g (6.64%), Cholesterol: 4.83mg (1.61%), Sodium: 183.06mg (7.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.17%), Vitamin K: 106.49µg (101.42%), Vitamin E: 3.66mg (24.38%), Vitamin C: 18.15mg (22%), Fiber: 4.86g (19.43%), Potassium: 645.81mg (18.45%), Manganese: 0.31mg (15.67%), Calcium: 125.2mg (12.52%), Phosphorus: 112.23mg (11.22%), Folate: 41.29µg (10.32%), Vitamin A: 374.75IU (7.49%), Iron: 1.31mg (7.29%), Magnesium: 28.44mg (7.11%), Copper: 0.11mg (5.38%), Vitamin B3: 1.02mg (5.11%), Selenium: 3.09µg (4.42%), Vitamin B6: 0.08mg (4.23%), Vitamin B2: 0.07mg (4.21%), Zinc: 0.56mg (3.75%), Vitamin B5: 0.37mg (3.74%), Vitamin B12: 0.08µg (1.25%), Vitamin B1: 0.02mg (1.18%)