



## Olive Oil Roasted Tomatoes and Fennel with White Beans



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



70 min.

SERVINGS



6

CALORIES



285 kcal

SIDE DISH

### Ingredients



1 teaspoon pepper black freshly ground



30 ounce cannellini white drained canned ( kidney beans)



2 pints cherry tomatoes



2 teaspoons kosher salt divided



2 large fennel bulb with fronds attached



3 large garlic clove thinly sliced



0.8 cup olive oil extra virgin extra-virgin

- ☐ 4 large oregano fresh
- ☐ 0.3 teaspoon pepper dried red crushed

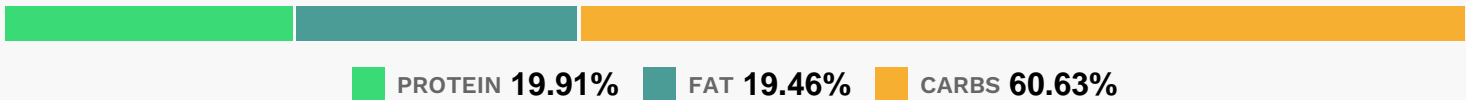
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

## Directions

- ☐ Preheat oven to 425°F. Chop enough fennel fronds to measure 1/2 cup. Trim fennel bulbs and cut in half vertically.
- ☐ Cut each bulb half into 1/2-inch-wide wedges, leaving some ore attached to each wedge.
- ☐ Heat oil in large ovenproof skillet over medium-high heat until very hot, about 3 minutes.
- ☐ Add fennel wedges in single layer; sprinkle with 1 teaspoon coarse salt. Cook until fennel begins to brown and soften, turning occasionally, 10 to 12 minutes.
- ☐ Add tomatoes, oregano, garlic, and crushed red pepper; sprinkle with 1 teaspoon coarse salt and 1 teaspoon pepper. Fold together gently.
- ☐ Transfer skillet to oven.
- ☐ Bake fennel and tomatoes until soft, stirring occasionally, about 30 minutes.
- ☐ Mix in beans and 6 tablespoons chopped fennel fronds.
- ☐ Bake 5 minutes longer to heat through.
- ☐ Transfer mixture to large shallow bowl.
- ☐ Sprinkle with remaining chopped fronds.
- ☐ Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:21, Glycemic Load:4.92, Inflammation Score:-9, Nutrition Score:24.130434969197%

## Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

## Nutrients (% of daily need)

Calories: 285.4kcal (14.27%), Fat: 6.5g (10%), Saturated Fat: 0.96g (6.01%), Carbohydrates: 45.55g (15.18%), Net Carbohydrates: 32.53g (11.83%), Sugar: 7.5g (8.33%), Cholesterol: 0mg (0%), Sodium: 836.45mg (36.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.96g (29.91%), Vitamin K: 73.36µg (69.87%), Vitamin C: 47.51mg (57.58%), Folate: 227.54µg (56.89%), Fiber: 13.02g (52.09%), Manganese: 1.03mg (51.42%), Potassium: 1261.52mg (36.04%), Iron: 5.14mg (28.57%), Phosphorus: 282.83mg (28.28%), Copper: 0.49mg (24.53%), Magnesium: 89.88mg (22.47%), Vitamin B1: 0.3mg (19.74%), Vitamin A: 913.8IU (18.28%), Vitamin B6: 0.36mg (17.98%), Vitamin E: 2.31mg (15.43%), Zinc: 1.84mg (12.26%), Calcium: 120.83mg (12.08%), Vitamin B3: 2.21mg (11.06%), Vitamin B2: 0.15mg (8.73%), Vitamin B5: 0.72mg (7.17%), Selenium: 3.17µg (4.53%)