



Orange-Balsamic Caramelized Fennel

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



80 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 4 pound fennel bulbs with stalks, trimmed
- ☐ 0.5 teaspoon fennel seeds crushed
- ☐ 2 garlic cloves sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon sugar divided

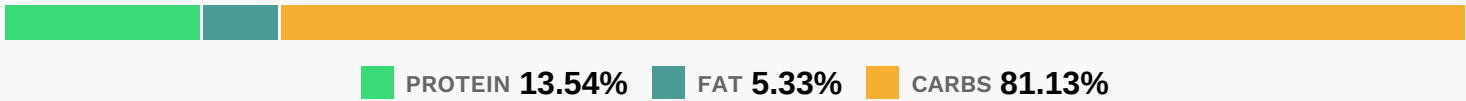
Equipment

- ☐ frying pan

Directions

- ☐ Cut each fennel bulb in half through root end; cut each half into quarters to form 32 total pieces. Chop 1 tablespoon fronds; reserve.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Place 8 fennel pieces in a single layer in pan; sprinkle evenly with 1/2 teaspoon sugar. Cook 3 minutes on each side or until lightly browned.
- ☐ Remove fennel from pan; recoat pan with cooking spray. Repeat procedure with remaining fennel and sugar.
- ☐ Return fennel to pan. Stir in broth and remaining ingredients; bring to a boil. Reduce heat, and simmer 38 minutes or until fennel is crisp-tender and liquid is almost evaporated, turning occasionally. Top with reserved fennel fronds.

Nutrition Facts



Properties

Glycemic Index:30.89, Glycemic Load:5.29, Inflammation Score:-5, Nutrition Score:14.5613043386%

Flavonoids

Eriodictyol: 2.46mg, Eriodictyol: 2.46mg, Eriodictyol: 2.46mg, Eriodictyol: 2.46mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 80.16kcal (4.01%), Fat: 0.54g (0.83%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 18.55g (6.18%), Net Carbohydrates: 11.44g (4.16%), Sugar: 10.41g (11.57%), Cholesterol: 0mg (0%), Sodium: 380.11mg (16.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.19%), Vitamin K: 142.45µg (135.67%), Vitamin C: 31.35mg (38%), Fiber: 7.11g (28.45%), Potassium: 970.35mg (27.72%), Manganese: 0.46mg (23.06%), Folate: 63.87µg (15.97%), Phosphorus: 119.97mg (12%), Calcium: 116.61mg (11.66%), Magnesium: 40.6mg (10.15%), Iron: 1.76mg (9.79%), Vitamin E: 1.32mg (8.79%), Vitamin B3: 1.65mg (8.27%), Copper: 0.16mg (8.14%), Vitamin A: 319.64IU (6.39%), Vitamin B6:

0.12mg (6.18%), Vitamin B5: 0.58mg (5.79%), Vitamin B2: 0.08mg (4.84%), Selenium: 2.33µg (3.33%), Zinc: 0.48mg (3.19%), Vitamin B1: 0.03mg (2.24%)