



Orange-Braised Fennel



Vegetarian



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



75 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup chicken stock see
- ☐ 3 fennel bulbs trimmed cut into 6 wedges
- ☐ 2 cloves garlic chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup orange juice fresh
- ☐ 6 servings salt and pepper black freshly ground

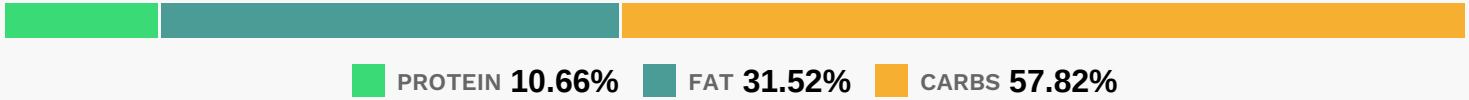
Equipment

- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the olive oil in a large straight-sided saute pan.
- ☐ Add fennel and brown on all sides. Stir in the stock, orange juice and garlic. Bring to a boil, then cover and lower the heat to a simmer. Cook until fennel is tender, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:3.41, Inflammation Score:-4, Nutrition Score:9.5039130552955%

Flavonoids

Eriodictyol: 1.3mg, Eriodictyol: 1.3mg, Eriodictyol: 1.3mg, Eriodictyol: 1.3mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 75.14kcal (3.76%), Fat: 2.86g (4.4%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 11.79g (3.93%), Net Carbohydrates: 8.08g (2.94%), Sugar: 6.66g (7.4%), Cholesterol: 0.6mg (0.2%), Sodium: 89.88mg (3.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.35%), Vitamin K: 75.12µg (71.54%), Vitamin C: 24.73mg (29.97%), Potassium: 552.08mg (15.77%), Fiber: 3.71g (14.86%), Manganese: 0.26mg (12.79%), Folate: 38.84µg (9.71%), Phosphorus: 69.1mg (6.91%), Vitamin E: 1.03mg (6.87%), Calcium: 62.48mg (6.25%), Magnesium: 23.38mg (5.85%), Vitamin B3: 1.16mg (5.78%), Iron: 0.98mg (5.43%), Copper: 0.1mg (5.07%), Vitamin B6: 0.09mg (4.41%), Vitamin A: 199.35IU (3.99%), Vitamin B2: 0.06mg (3.64%), Vitamin B5: 0.32mg (3.18%), Vitamin B1: 0.04mg (2.63%), Selenium: 1.43µg (2.04%), Zinc: 0.29mg (1.9%)