



Parmesan-and-Sausage Stuffed Roasted Fennel

READY IN



45 min.

SERVINGS



10

CALORIES



235 kcal

SIDE DISH

Ingredients

- 0.8 cup bread crumbs dry
- 5 large fennel bulbs trimmed
- 2 garlic cloves minced
- 0.5 pound sausage italian
- 6 tablespoons olive oil extra-virgin
- 0.5 small onion finely chopped
- 0.3 cup parmesan cheese freshly grated
- 2 tablespoons parsley minced

- 10 servings salt and pepper freshly ground
- 0.3 cup turkey stock low-sodium canned

Equipment

- frying pan
- sauce pan
- oven
- baking pan
- wooden spoon
- aluminum foil
- broiler
- glass baking pan

Directions

- In a saucepan, steam the fennel, root end up, until just tender, about 15 minutes.
- Let cool. Halve the bulbs lengthwise and remove the thickest part of the core.
- Heat 2 tablespoons of the oil in a large skillet.
- Add the sausage, breaking it up with a wooden spoon, and cook over moderately high heat until no pink remains, 5 minutes.
- Add the onion and garlic. Cook, stirring occasionally, until the onion is softened and the sausage is browned, 5 minutes. Stir in the bread crumbs.
- Let cool. Stir in the cheese and parsley; season with salt and pepper.
- Preheat the oven to 42
- Oil a large glass baking dish; pour in the stock. Working over the skillet, press two-thirds of the filling into the fennel layers. Arrange the fennel in the baking dish, cut side up, and top with the remaining filling. Tilt the fennel up slightly and drizzle 1/4 cup of olive oil over and between the layers. Cover loosely with foil and bake for 20 minutes, or until the fennel is very tender. Uncover and bake for 10 to 15 minutes longer, or until the liquid in the dish has evaporated and the fennel begins to brown on the bottom.
- Position an oven rack 10 inches from the heat and preheat the broiler. Broil the fennel until the topping is browned, about 5 minutes.

Serve hot.

Make Ahead: The recipe can be prepared through Step 3 early in the day. Rewarm and broil before serving.

Nutrition Facts

PROTEIN 11.16% **FAT 63.16%** **CARBS 25.68%**

Properties

Glycemic Index:16.2, Glycemic Load:2.39, Inflammation Score:-4, Nutrition Score:13.004347845912%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 235.04kcal (11.75%), Fat: 16.92g (26.03%), Saturated Fat: 4.32g (26.99%), Carbohydrates: 15.48g (5.16%), Net Carbohydrates: 11.39g (4.14%), Sugar: 5.27g (5.86%), Cholesterol: 19.41mg (6.47%), Sodium: 526.09mg (22.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.44%), Vitamin K: 92.25µg (87.86%), Vitamin C: 16mg (19.4%), Potassium: 579.38mg (16.55%), Manganese: 0.33mg (16.48%), Fiber: 4.09g (16.36%), Vitamin B1: 0.22mg (14.87%), Selenium: 9.46µg (13.52%), Vitamin E: 1.91mg (12.76%), Phosphorus: 124.09mg (12.41%), Folate: 44.12µg (11.03%), Vitamin B3: 2.12mg (10.62%), Calcium: 101.77mg (10.18%), Iron: 1.65mg (9.18%), Vitamin B6: 0.15mg (7.39%), Vitamin B2: 0.12mg (7.12%), Magnesium: 28.39mg (7.1%), Copper: 0.12mg (6.23%), Zinc: 0.89mg (5.96%), Vitamin A: 245.92IU (4.92%), Vitamin B12: 0.27µg (4.57%), Vitamin B5: 0.45mg (4.51%)