



WHATSheATE



Parmigiano-Reggiano with Fresh Fennel



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 fennel bulb (sometimes called anise)



0.8 lb parmesan

Equipment



paper towels

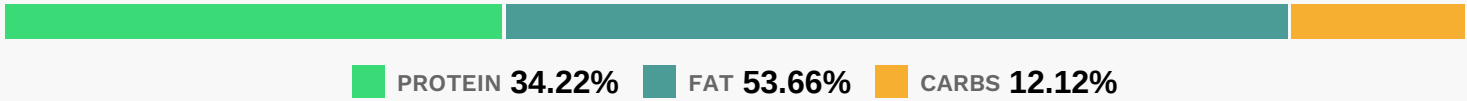


knife

Directions

- ☐ Pry off bite-size chunks of cheese with a Parmigiano-Reggiano knife or the point of a small sharp stiff knife and put on a platter.
- ☐ Trim fennel, discarding stalks and outer layer if bruised. Halve bulbs lengthwise and core, then cut into 1/4-inch-wide slivers.
- ☐ Just before serving, tuck clusters of fennel among cheese chunks.
- ☐ ·Chunks of cheese can be cut off 6 hours ahead and kept, covered, at room temperature.·Fennel can be cut 2 hours ahead and chilled, covered with dampened paper towels.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:1.97, Inflammation Score:-5, Nutrition Score:13.548260797625%

Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 246.44kcal (12.32%), Fat: 14.8g (22.77%), Saturated Fat: 9.37g (58.59%), Carbohydrates: 7.52g (2.51%), Net Carbohydrates: 5.1g (1.86%), Sugar: 3.52g (3.91%), Cholesterol: 38.56mg (12.85%), Sodium: 948.88mg (41.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.24g (42.47%), Calcium: 709.54mg (70.95%), Vitamin K: 49.95µg (47.57%), Phosphorus: 432.49mg (43.25%), Selenium: 13.3µg (19%), Vitamin B2: 0.21mg (12.54%), Zinc: 1.72mg (11.43%), Vitamin C: 9.36mg (11.35%), Vitamin B12: 0.68µg (11.34%), Vitamin A: 547.34IU (10.95%), Potassium: 375.08mg (10.72%), Fiber: 2.42g (9.67%), Magnesium: 38.21mg (9.55%), Manganese: 0.16mg (8.02%), Folate: 25.03µg (6.26%), Iron: 1.03mg (5.75%), Vitamin B6: 0.09mg (4.41%), Vitamin B5: 0.44mg (4.38%), Vitamin E: 0.58mg (3.85%), Copper: 0.07mg (3.48%), Vitamin B3: 0.65mg (3.26%), Vitamin B1: 0.03mg (1.99%), Vitamin D: 0.28µg (1.89%)