



Potato, Fennel, and Salami Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 head fennel bulb (3 in. wide)
- 0.3 cup parmesan cheese shredded finely
- 1.5 pounds thin-skinned potatoes
- 2 ounces genoa salami dried

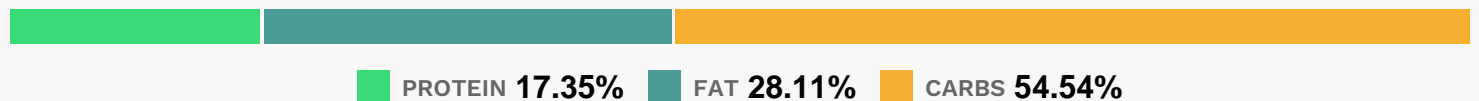
Equipment

- food processor
- oven
- aluminum foil

Directions

- Peel 1 1/2 pounds thin-skinned potatoes and cut into 1/8- to 1/4-inch-thick slices. Cover the bottom of a shallow 1 1/2-quart casserole with half the potato slices.
- Trim and discard stalks from 1 head fennel (about 3 in. wide), saving feathery green tops. Trim and discard any bruises and coarse fibers from fennel head, then rinse and thinly slice, using a hand slicer or food processor.
- Discard casing from about 2 ounces dried salami.
- Cut meat into thin slices, then cut slices into slivers.
- Mix half the salami with the sliced fennel and arrange evenly over potatoes in casserole. Cover with remaining potato slices.
- Add 1 cup fat-skimmed chicken broth. Cover casserole tightly with foil.
- Bake in a 375 oven until potatoes are tender when pierced, 1 hour to 1 hour and 10 minutes (45 to 55 minutes in a convection oven). Uncover, sprinkle with 1/3 cup finely shredded parmesan cheese, and bake 5 minutes longer.
- Finely chop fennel tops, mix 2 tablespoons (save rest for other uses) with remaining salami, and sprinkle over casserole.
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:1.24, Inflammation Score:-4, Nutrition Score:14.181739103535%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 227.56kcal (11.38%), Fat: 7.29g (11.21%), Saturated Fat: 3.17g (19.78%), Carbohydrates: 31.81g (10.6%), Net Carbohydrates: 27.11g (9.86%), Sugar: 4.56g (5.07%), Cholesterol: 16.86mg (5.62%), Sodium: 514.89mg (22.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.12g (20.24%), Vitamin K: 41.81µg (39.82%), Potassium: 1077.38mg (30.78%), Vitamin C: 21.65mg (26.24%), Phosphorus: 223.3mg (22.33%), Vitamin B6: 0.4mg (20.11%),

Fiber: 4.71g (18.82%), Vitamin B1: 0.28mg (18.58%), Manganese: 0.36mg (18.16%), Vitamin B3: 3.15mg (15.73%), Calcium: 146.18mg (14.62%), Copper: 0.29mg (14.59%), Magnesium: 54.15mg (13.54%), Folate: 47.28µg (11.82%), Iron: 1.92mg (10.67%), Zinc: 1.5mg (10.02%), Selenium: 6.74µg (9.62%), Vitamin B2: 0.15mg (8.58%), Vitamin B12: 0.5µg (8.28%), Vitamin B5: 0.8mg (7.98%), Vitamin A: 155.38IU (3.11%), Vitamin E: 0.37mg (2.5%)