



Roasted Fennel



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 2 fennel bulbs thick halved lengthwise (base of stalk)
- ☐ 2 tablespoons olive oil extra virgin ()
- ☐ 2 teaspoons balsamic vinegar ()

Equipment

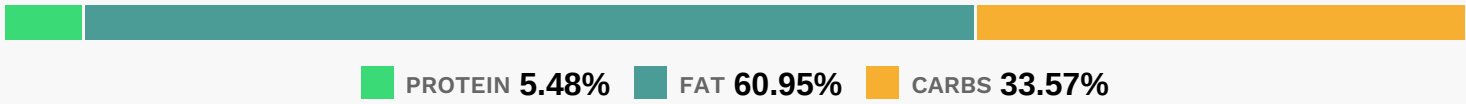
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ roasting pan

☐ aluminum foil

Directions

- ☐ Toss fennel wedges with olive oil and balsamic: Preheat oven to 400°F (205°C).
- ☐ Place the fennel wedges in a bowl and toss them with 1 to 2 tablespoons of olive oil, just enough to coat them.
- ☐ Sprinkle with balsamic vinegar, again just enough to coat.
- ☐ Roast the fennel: Line a roasting pan or baking dish Silpat or aluminum foil brushed with olive oil. Arrange the fennel wedges on the pan and roast them at 400°F (205°C) for 40 minutes or until the fennel wedges are cooked through and beginning to caramelize at the edges.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:2.42, Inflammation Score:-3, Nutrition Score:8.4213043088498%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 100.35kcal (5.02%), Fat: 7.23g (11.13%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 8.97g (2.99%), Net Carbohydrates: 5.34g (1.94%), Sugar: 4.97g (5.52%), Cholesterol: 0mg (0%), Sodium: 61.56mg (2.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.93%), Vitamin K: 77.69µg (73.99%), Vitamin C: 14.04mg (17.02%), Fiber: 3.63g (14.51%), Potassium: 487.25mg (13.92%), Manganese: 0.23mg (11.34%), Vitamin E: 1.69mg (11.24%), Folate: 31.59µg (7.9%), Phosphorus: 58.97mg (5.9%), Calcium: 58.08mg (5.81%), Iron: 0.91mg (5.06%), Magnesium: 20.19mg (5.05%), Copper: 0.08mg (3.89%), Vitamin B3: 0.75mg (3.74%), Vitamin A: 156.78IU (3.14%), Vitamin B6: 0.05mg (2.75%), Vitamin B5: 0.27mg (2.71%), Vitamin B2: 0.04mg (2.2%), Zinc: 0.24mg (1.57%), Selenium: 0.82µg (1.17%)