



HEALTH SCORE

59%

Roasted Fennel



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bell pepper strips red
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon marjoram dried
- ☐ 2 medium fennel bulbs
- ☐ 1 tablespoon olive oil
- ☐ 0.1 teaspoon pepper
- ☐ 1 small onion red cut into 8 wedges
- ☐ 2 cups potatoes red cubed

☐ 0.3 teaspoon salt

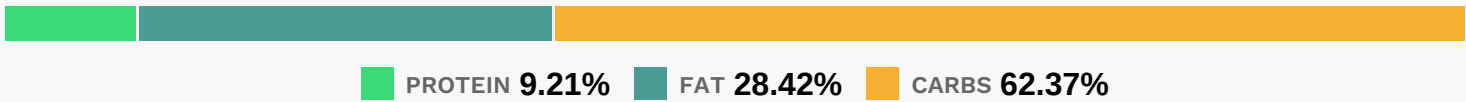
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 425
- ☐ Trim tough outer leaves from fennel; remove and discard stalks.
- ☐ Cut fennel bulb into quarters lengthwise; discard core.
- ☐ Cut bulb into 1-inch pieces to measure 4 cups.
- ☐ Combine fennel, potato, and remaining ingredients in a bowl; toss well. Arrange fennel mixture in a single layer on a jelly-roll pan.
- ☐ Bake at 425 for 50 minutes or until vegetables are tender, stirring once.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:3.25, Inflammation Score:-8, Nutrition Score:15.617826005687%

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: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

Nutrients (% of daily need)

Calories: 114.63kcal (5.73%), Fat: 3.93g (6.05%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 13.84g (5.03%), Sugar: 7.82g (8.68%), Cholesterol: 0mg (0%), Sodium: 215.71mg (9.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Vitamin C: 66.99mg (81.2%), Vitamin K: 80.93µg (77.08%), Vitamin A: 1328.53IU (26.57%), Fiber: 5.58g (22.33%), Potassium: 778.13mg (22.23%), Manganese: 0.37mg (18.74%),

Folate: 61.13µg (15.28%), Vitamin B6: 0.26mg (13.11%), Vitamin E: 1.79mg (11.96%), Phosphorus: 99.51mg (9.95%), Magnesium: 36.4mg (9.1%), Iron: 1.5mg (8.31%), Vitamin B3: 1.58mg (7.92%), Copper: 0.15mg (7.41%), Calcium: 73.46mg (7.35%), Vitamin B5: 0.53mg (5.3%), Vitamin B2: 0.09mg (5.28%), Vitamin B1: 0.08mg (5%), Zinc: 0.51mg (3.39%), Selenium: 1.19µg (1.7%)