



Roasted Fennel and Ricotta Gratins with Tarragon

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6.3 cups fennel bulb thinly sliced (2 medium bulbs)
- ☐ 1 teaspoon tarragon fresh minced
- ☐ 6 ounces ricotta cheese homemade
- ☐ 0.5 teaspoon salt divided
- ☐ 1.5 ounce bread white hearty (such as Pepperidge Farm)

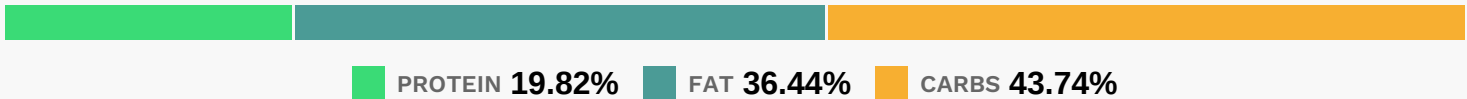
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ ramekin

Directions

- ☐ Preheat oven to 45
- ☐ Arrange fennel on a baking sheet coated with cooking spray, and sprinkle evenly with 1/4 teaspoon salt.
- ☐ Bake at 450 for 40 minutes or until fennel is crisp-tender, stirring occasionally.
- ☐ Reduce oven temperature to 37
- ☐ Combine fennel, remaining 1/4 teaspoon salt, and the Homemade Ricotta Cheese, tossing well. Divide mixture evenly among 6 (4-ounce) gratin dishes or ramekins coated with cooking spray.
- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs measure 3/4 cup.
- ☐ Combine breadcrumbs, tarragon, and pepper, tossing well.
- ☐ Sprinkle about 2 tablespoons breadcrumb mixture over each gratin dish.
- ☐ Bake at 375 for 20 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:41.46, Glycemic Load:4.54, Inflammation Score:-4, Nutrition Score:8.5647825676462%

Flavonoids

Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 97.75kcal (4.89%), Fat: 4.14g (6.37%), Saturated Fat: 2.5g (15.62%), Carbohydrates: 11.19g (3.73%), Net Carbohydrates: 8.17g (2.97%), Sugar: 4.02g (4.46%), Cholesterol: 14.46mg (4.82%), Sodium: 298.76mg (12.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Vitamin K: 57.37µg (54.64%), Vitamin C: 11.04mg

(13.38%), Manganese: 0.25mg (12.72%), Calcium: 122.33mg (12.23%), Potassium: 424.46mg (12.13%), Fiber: 3.02g (12.07%), Phosphorus: 99.29mg (9.93%), Folate: 36.67µg (9.17%), Selenium: 6.41µg (9.16%), Iron: 1.12mg (6.25%), Vitamin B2: 0.11mg (6.23%), Magnesium: 21.74mg (5.44%), Vitamin A: 262.12IU (5.24%), Vitamin B3: 0.98mg (4.89%), Zinc: 0.59mg (3.91%), Copper: 0.08mg (3.9%), Vitamin E: 0.57mg (3.82%), Vitamin B6: 0.07mg (3.48%), Vitamin B1: 0.05mg (3.31%), Vitamin B5: 0.31mg (3.1%), Vitamin B12: 0.1µg (1.61%)