



Roasted Fennel and Summer Squash

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



84 kcal

SIDE DISH

Ingredients

- 2 small fennel bulbs
- 2 tablespoons olive oil
- 1 teaspoon pepper freshly ground
- 0.5 teaspoon salt
- 1 cup onion sweet coarsely chopped
- 3 cups baby squash yellow coarsely chopped

Equipment

- oven

roasting pan

Directions

Preheat oven to 45

Trim stalks from fennel bulbs.

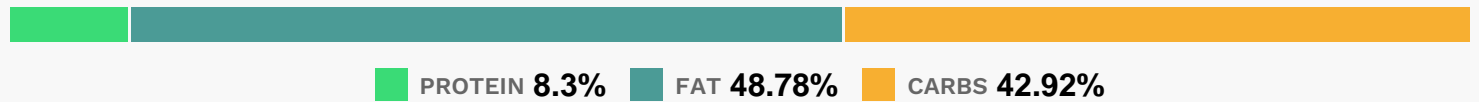
Cut bulbs lengthwise into 1/2-inch-thick wedges; chop 2 Tbsp. fronds. Toss wedges with yellow squash, onion, olive oil, pepper, and salt.

Place in a lightly greased large roasting pan.

Bake 25 minutes. Stir once, and bake 15 minutes or until fennel is tender and begins to caramelize.

Sprinkle with chopped fronds.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:1.92, Inflammation Score:-5, Nutrition Score:8.7617392384488%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

Nutrients (% of daily need)

Calories: 83.84kcal (4.19%), Fat: 4.96g (7.63%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 9.81g (3.27%), Net Carbohydrates: 6.45g (2.35%), Sugar: 5.65g (6.28%), Cholesterol: 0mg (0%), Sodium: 237.77mg (10.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Vitamin K: 54.11µg (51.54%), Vitamin C: 20.25mg (24.54%), Manganese: 0.31mg (15.56%), Potassium: 507.2mg (14.49%), Fiber: 3.36g (13.46%), Folate: 43.63µg (10.91%), Vitamin B6: 0.2mg (9.77%), Vitamin E: 1.2mg (8.01%), Phosphorus: 68.2mg (6.82%), Vitamin B2: 0.11mg (6.54%), Magnesium: 25.84mg (6.46%), Calcium: 53.67mg (5.37%), Copper: 0.1mg (4.99%), Iron: 0.9mg (4.98%), Vitamin A: 219.61IU (4.39%), Vitamin B3: 0.81mg (4.07%), Vitamin B1: 0.05mg (3.08%), Vitamin B5: 0.3mg (2.99%), Zinc: 0.36mg (2.39%), Selenium: 0.81µg (1.16%)