



Roasted Fennel Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 medium fennel bulbs thinly sliced
- ☐ 0.3 teaspoon rosemary fresh minced
- ☐ 1 garlic head whole
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon lemon rind grated
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt

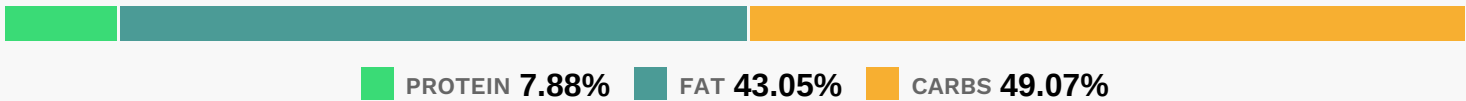
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 45
- ☐ Remove white papery skin from garlic head (do not peel or separate the cloves).
- ☐ Cut off top of garlic head; wrap in foil.
- ☐ Place garlic and fennel on a baking sheet coated with cooking spray.
- ☐ Brush fennel with oil; sprinkle with salt and pepper.
- ☐ Bake at 450 for 25 minutes or until lightly browned.
- ☐ Remove from oven; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins. Chop fennel.
- ☐ Combine fennel, garlic, rind, juice, and rosemary in a bowl.
- ☐ Serve warm or chilled.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:1.15, Inflammation Score:-2, Nutrition Score:4.3434782002283%

Flavonoids

Eriodictyol: 0.91mg, Eriodictyol: 0.91mg, Eriodictyol: 0.91mg, Eriodictyol: 0.91mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 35.59kcal (1.78%), Fat: 1.88g (2.9%), Saturated Fat: 0.3g (1.86%), Carbohydrates: 4.83g (1.61%), Net Carbohydrates: 2.97g (1.08%), Sugar: 2.45g (2.72%), Cholesterol: 0mg (0%), Sodium: 103.26mg (4.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.55%), Vitamin K: 37.9µg (36.1%), Vitamin C: 9.4mg (11.39%), Fiber: 1.86g (7.44%), Potassium: 250.47mg (7.16%), Manganese: 0.13mg (6.34%), Folate: 16.95µg (4.24%), Vitamin E: 0.6mg (4.01%), Phosphorus: 30.38mg (3.04%), Calcium: 30.11mg (3.01%), Magnesium: 10.5mg (2.62%), Iron: 0.46mg (2.53%), Copper: 0.04mg (2.08%), Vitamin B3: 0.38mg (1.92%), Vitamin B6: 0.04mg (1.75%), Vitamin A: 79.23IU (1.58%), Vitamin B5: 0.15mg (1.46%), Vitamin B2: 0.02mg (1.18%)