



Roasted Fennel with Dill and Lemon



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



118 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 pounds fennel bulbs
- ☐ 0.5 teaspoon optional: dill fresh divided chopped
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1.5 tablespoons olive oil extra-virgin divided

Equipment

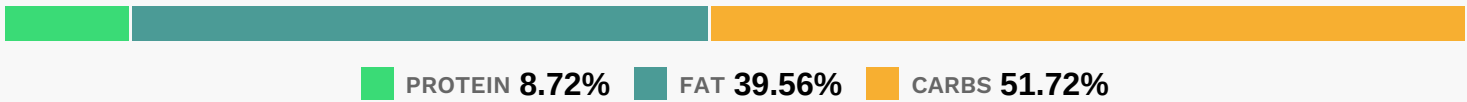
- ☐ bowl

- ☐ oven
- ☐ knife
- ☐ roasting pan

Directions

- ☐ Preheat oven to 37
- ☐ Cut each bulb in half lengthwise.
- ☐ Remove most of core using a sharp knife.
- ☐ Cut each bulb half lengthwise into quarters.
- ☐ Combine fennel, 1 tablespoon oil, 1/4 teaspoon salt, 1/4 teaspoon dill, and pepper in a small roasting pan; toss well to coat. Cover and bake at 375 for 20 minutes or until almost tender.
- ☐ Uncover fennel; bake an additional 20 minutes or until lightly browned and tender, turning occasionally.
- ☐ Place fennel in a large bowl.
- ☐ Add remaining 1 1/2 teaspoons oil, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon dill, and juice; toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:4.3, Inflammation Score:-5, Nutrition Score:14.169130408246%

Flavonoids

Eriodictyol: 2.57mg, Eriodictyol: 2.57mg, Eriodictyol: 2.57mg, Eriodictyol: 2.57mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 117.59kcal (5.88%), Fat: 5.71g (8.79%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 16.81g (5.6%), Net Carbohydrates: 9.74g (3.54%), Sugar: 8.98g (9.97%), Cholesterol: 0mg (0%), Sodium: 408.78mg (17.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.67%), Vitamin K: 145.79µg (138.85%), Vitamin C: 28.19mg

(34.17%), Fiber: 7.07g (28.28%), Potassium: 943.38mg (26.95%), Manganese: 0.45mg (22.52%), Folate: 61.78µg (15.44%), Vitamin E: 2.08mg (13.84%), Phosphorus: 113.8mg (11.38%), Calcium: 112.09mg (11.21%), Magnesium: 38.93mg (9.73%), Iron: 1.7mg (9.46%), Copper: 0.15mg (7.6%), Vitamin B3: 1.46mg (7.28%), Vitamin A: 305.71IU (6.11%), Vitamin B6: 0.11mg (5.41%), Vitamin B5: 0.53mg (5.31%), Vitamin B2: 0.07mg (4.31%), Zinc: 0.46mg (3.05%), Selenium: 1.6µg (2.28%), Vitamin B1: 0.02mg (1.56%)