



Roasted Fennel with Olives and Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 8 servings coarse kosher salt
- ☐ 4 small fennel bulbs with core attached to each wedge trimmed (3-inch-diameter)
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 6 large garlic cloves crushed
- ☐ 0.5 cup kalamata olives pitted halved
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.1 teaspoon pepper dried red crushed

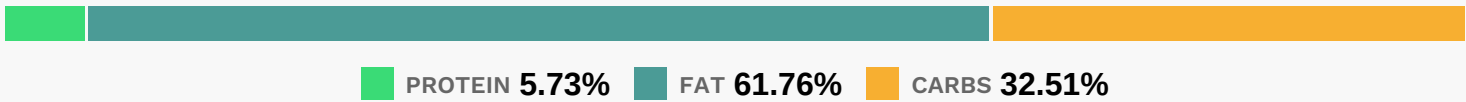
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ tongs

Directions

- ☐ Preheat oven to 425°F. Spray large rimmed baking sheet with nonstick spray.
- ☐ Combine fennel, olive oil, garlic, thyme, and crushed red pepper in large bowl; toss to coat.
- ☐ Spread fennel out on baking sheet; sprinkle with coarse kosher salt and pepper. Roast fennel 15 minutes. Using tongs, turn wedges over. Continue to roast until tender, turning 1 more time, about 20 minutes.
- ☐ Sprinkle olives over fennel. Roast until fennel begins to brown at edges, about 8 minutes longer. Season fennel with salt and pepper.
- ☐ Transfer to bowl and serve. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:2.46, Inflammation Score:-7, Nutrition Score:9.2795651425486%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 112.5kcal (5.62%), Fat: 8.31g (12.78%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 9.84g (3.28%), Net Carbohydrates: 5.75g (2.09%), Sugar: 4.67g (5.19%), Cholesterol: 0mg (0%), Sodium: 387.36mg (16.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.47%), Vitamin K: 77.73µg (74.03%), Vitamin C: 16.14mg (19.57%),

Fiber: 4.09g (16.34%), Potassium: 502.99mg (14.37%), Manganese: 0.28mg (13.86%), Vitamin E: 1.99mg (13.24%), Folate: 32.31µg (8.08%), Calcium: 69.62mg (6.96%), Phosphorus: 63.3mg (6.33%), Iron: 1.13mg (6.28%), Magnesium: 22.83mg (5.71%), Copper: 0.1mg (4.97%), Vitamin A: 240.98IU (4.82%), Vitamin B6: 0.09mg (4.46%), Vitamin B3: 0.8mg (4.02%), Vitamin B5: 0.29mg (2.91%), Vitamin B2: 0.04mg (2.64%), Zinc: 0.28mg (1.87%), Selenium: 1.22µg (1.74%), Vitamin B1: 0.02mg (1.23%)