



Roasted Green Beans, Potatoes, and Fennel



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



134 kcal

SIDE DISH

Ingredients

- ☐ 2 fennel bulbs
- ☐ 1.5 pounds green beans trimmed
- ☐ 1.5 pounds new potatoes thinly sliced (12)
- ☐ 0.5 cup olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 teaspoon sea salt fine-grain

Equipment

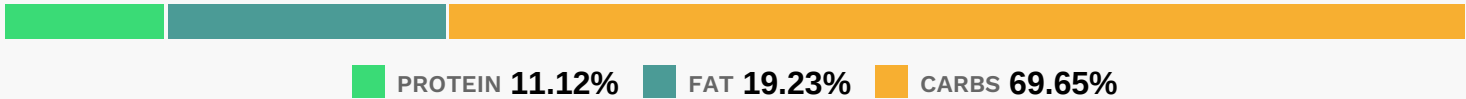
- ☐ frying pan

☐ oven

Directions

- ☐ Trim bases from fennel bulbs; cut bulbs into quarters.
- ☐ Toss together fennel, potato, and oil in a 15- x 10-inch jellyroll pan; sprinkle with salt.
- ☐ Bake at 425 for 30 minutes.
- ☐ Add green beans, and toss gently.
- ☐ Bake 10 to 15 more minutes or until vegetables are lightly browned.
- ☐ Sprinkle with pepper, and serve hot or at room temperature.
- ☐ * 1 teaspoon salt may be substituted.

Nutrition Facts



Properties

Glycemic Index:25.84, Glycemic Load:13.67, Inflammation Score:-7, Nutrition Score:14.246521669885%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 134.17kcal (6.71%), Fat: 3.08g (4.75%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 25.14g (8.38%), Net Carbohydrates: 19.12g (6.95%), Sugar: 5.74g (6.37%), Cholesterol: 0mg (0%), Sodium: 331.39mg (14.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.03%), Vitamin K: 76.75µg (73.1%), Vitamin C: 34.15mg (41.39%), Fiber: 6.01g (24.05%), Potassium: 781.45mg (22.33%), Manganese: 0.44mg (22.11%), Vitamin B6: 0.4mg (19.93%), Folate: 57.49µg (14.37%), Vitamin A: 667.61IU (13.35%), Magnesium: 50.99mg (12.75%), Iron: 2mg (11.09%), Phosphorus: 110.24mg (11.02%), Vitamin B1: 0.14mg (9.58%), Copper: 0.19mg (9.55%), Vitamin B3: 1.9mg (9.48%), Vitamin B2: 0.13mg (7.92%), Vitamin E: 1.09mg (7.24%), Calcium: 71.1mg (7.11%), Vitamin B5: 0.58mg (5.81%), Zinc: 0.57mg (3.8%), Selenium: 1.18µg (1.69%)