



Sautéed Fennel with Almonds & Currants



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



288 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds crushed
- ☐ 0.3 cup cilantro leaves
- ☐ 0.3 cup currants dried
- ☐ 4 servings fennel fronds roughly chopped
- ☐ 2 pound very fennel bulbs
- ☐ 8 clove garlic minced peeled
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 cup orange juice fresh

- ☐ 1 teaspoon orange zest
- ☐ 0.5 teaspoon balck pepper freshly ground to taste
- ☐ 1 pinch saffron threads
- ☐ 0.5 teaspoon sea salt
- ☐ 2 teaspoon coriander seeds whole

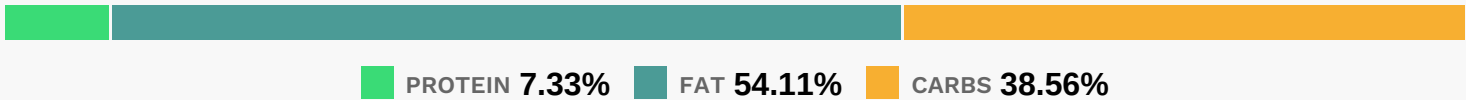
Equipment

- ☐ frying pan

Directions

- ☐ Trim the fennel bulbs of all but a few inches of stalk and fronds, but leave a bit of both. Trim the bottom and slice the fennel and attached portion of stalk and fronds lengthwise about ¼-inch thick.
- ☐ Heat the olive oil in a large heavy bottomed skillet over medium-high heat until the oil shimmers, but is not yet smoking.
- ☐ Add the garlic stirring to coat in oil.
- ☐ Add the fennel, salt, and pepper. Sauté until tender-crisp, about 5 minutes.Stir in the almonds, currants, coriander, orange zest, orange juice, and a pinch of saffron threads. Stir until the currants plump some, about 3 minutes.
- ☐ Transfer the fennel and all the liquid to a serving tray.
- ☐ Let come to room temperature. It may be made to this point one day ahead if kept refrigerated. Bring back to room temperature before serving.To serve, stir in the cilantro leaves and garnish with some fennel fronds

Nutrition Facts



Properties

Glycemic Index:85.25, Glycemic Load:7.44, Inflammation Score:-7, Nutrition Score:20.107826046322%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 2.51mg, Eriodictyol: 2.51mg, Eriodictyol: 2.51mg, Eriodictyol: 2.51mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 288.08kcal (14.4%), Fat: 18.69g (28.75%), Saturated Fat: 2.44g (15.24%), Carbohydrates: 29.97g (9.99%), Net Carbohydrates: 20.67g (7.52%), Sugar: 16.32g (18.13%), Cholesterol: 0mg (0%), Sodium: 415.44mg (18.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.4%), Vitamin K: 155.11µg (147.72%), Vitamin C: 38.55mg (46.73%), Manganese: 0.84mg (42.17%), Vitamin E: 5.6mg (37.35%), Fiber: 9.3g (37.18%), Potassium: 1156.25mg (33.04%), Magnesium: 73.44mg (18.36%), Phosphorus: 182.71mg (18.27%), Folate: 71.99µg (18%), Calcium: 166.15mg (16.61%), Copper: 0.31mg (15.5%), Iron: 2.59mg (14.36%), Vitamin B2: 0.2mg (12.02%), Vitamin B6: 0.23mg (11.49%), Vitamin B3: 2.07mg (10.36%), Vitamin A: 414.46IU (8.29%), Vitamin B5: 0.65mg (6.51%), Zinc: 0.9mg (6.01%), Vitamin B1: 0.09mg (5.69%), Selenium: 3.18µg (4.54%)