



Sautéed Fennel with Almonds, Raisins, and Saffron

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

SIDE DISH

Ingredients

- 0.5 cup cilantro leaves chopped
- 4 servings fennel bulb
- 2 fennel bulb (1 pound total)
- 10 garlic clove finely chopped
- 0.3 cup olive oil extra virgin extra-virgin
- 0.3 cup orange juice fresh
- 0.5 teaspoon orange zest grated

- 0.3 cup raisins
- 1 pinch saffron threads crumbled
- 0.3 cup almonds whole lightly toasted (preferably Marcona)
- 2 teaspoons coriander seeds whole

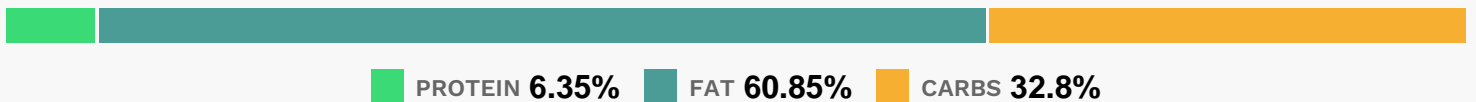
Equipment

- frying pan
- rolling pin

Directions

- Slice fennel lengthwise 1/4 inch thick. Coarsely crush almonds by firmly rolling over them with a rolling pin.
- Heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers, then sauté fennel with garlic, 1/2 teaspoon salt, and 1/2 teaspoon pepper until crisp-tender, about 6 minutes. Stir in almonds, raisins, coriander, zest, juice, and saffron and sauté until raisins start to plump, about 2 minutes.
- Stir in cilantro just before serving at room temperature.
- Dish can be cooked 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:85.7, Glycemic Load:7.66, Inflammation Score:-6, Nutrition Score:14.983043463334%

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: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg 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

0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 256.36kcal (12.82%), Fat: 18.5g (28.47%), Saturated Fat: 2.35g (14.66%), Carbohydrates: 22.44g (7.48%), Net Carbohydrates: 16.36g (5.95%), Sugar: 6.42g (7.13%), Cholesterol: 0mg (0%), Sodium: 66.98mg (2.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.69%), Vitamin K: 88.57µg (84.36%), Vitamin E: 4.98mg (33.19%), Vitamin C: 25.84mg (31.32%), Manganese: 0.61mg (30.62%), Fiber: 6.08g (24.33%), Potassium: 713.84mg (20.4%), Magnesium: 54.4mg (13.6%), Phosphorus: 128.03mg (12.8%), Copper: 0.24mg (12.05%), Calcium: 108.66mg (10.87%), Folate: 42.27µg (10.57%), Iron: 1.86mg (10.35%), Vitamin B2: 0.18mg (10.32%), Vitamin B6: 0.19mg (9.37%), Vitamin B3: 1.34mg (6.7%), Vitamin A: 325.96IU (6.52%), Vitamin B1: 0.07mg (4.88%), Zinc: 0.68mg (4.56%), Vitamin B5: 0.41mg (4.07%), Selenium: 2.61µg (3.73%)