



## Sautéed Fennel with Lemon and Pepper

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



56 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons olive oil extravirgin
- 1 teaspoon fennel fronds chopped
- 5.5 cups fennel bulb () ( 2 small bulbs)
- 0.3 teaspoon fennel seeds
- 0.3 teaspoon lemon rind grated
- 0.5 teaspoon sea salt

### Equipment

- bowl
- sauce pan
- rolling pin

## Directions

- Cook fennel seeds in a small saucepan over medium heat 1 minute or until toasted.
- Place seeds in a small zip-top bag; crush with a rolling pin.
- Combine fennel seeds, fennel fronds, salt, rind, and pepper in a large bowl.
- Steam the fennel slices, covered, 5 minutes or until tender.
- Drain.
- Add fennel and olive oil to fennel frond mixture in bowl; toss well.

## Nutrition Facts

**PROTEIN 9.82%** **FAT 32.63%** **CARBS 57.55%**

## Properties

Glycemic Index:30.5, Glycemic Load:2.3, Inflammation Score:-3, Nutrition Score:8.4630432854528%

## Flavonoids

Eriodictyol: 1.31mg, Eriodictyol: 1.31mg, Eriodictyol: 1.31mg, Eriodictyol: 1.31mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 55.95kcal (2.8%), Fat: 2.26g (3.48%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 8.99g (3%), Net Carbohydrates: 5.15g (1.87%), Sugar: 4.76g (5.28%), Cholesterol: 0mg (0%), Sodium: 353.71mg (15.38%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.53g (3.07%), Vitamin K: 77.31µg (73.63%), Vitamin C: 14.69mg (17.81%), Fiber: 3.84g (15.36%), Potassium: 504.41mg (14.41%), Manganese: 0.26mg (12.78%), Folate: 32.67µg (8.17%), Vitamin E: 0.99mg (6.6%), Calcium: 61.64mg (6.16%), Phosphorus: 61.25mg (6.12%), Magnesium: 21.27mg (5.32%), Iron: 0.93mg (5.18%), Copper: 0.08mg (4.16%), Vitamin B3: 0.78mg (3.91%), Vitamin A: 162.86IU (3.26%), Vitamin B6: 0.06mg (2.9%), Vitamin B5: 0.28mg (2.83%), Vitamin B2: 0.04mg (2.32%), Zinc: 0.25mg (1.66%), Selenium: 0.85µg (1.22%)