



Shaved Fennel with Maple Gastrique



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



56 kcal

SIDE DISH

Ingredients

- 1 tablespoon canola oil
- 0.3 cup cider vinegar
- 1 fennel bulb thinly sliced
- 1 teaspoon fennel seeds
- 1 teaspoon ginger fresh peeled sliced
- 2 garlic cloves minced
- 0.1 teaspoon ground pepper red
- 0.3 cup maple syrup

0.3 teaspoon sea salt

2 star anise

Equipment

frying pan

Directions

Heat oil in a large nonstick skillet over medium heat.

Add fennel seeds, ginger, star anise, and garlic to pan; cook 2 minutes, stirring occasionally.

Add sliced fennel to pan; cook 5 minutes or until lightly browned, stirring occasionally.

Add vinegar, scraping pan to loosen browned bits. Stir in syrup, salt, and pepper; bring to a simmer. Cook 15 minutes or until fennel is tender. Discard anise.

Nutrition Facts



Properties

Glycemic Index:25.44, Glycemic Load:3.14, Inflammation Score:-1, Nutrition Score:3.5060869235059%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 56.4kcal (2.82%), Fat: 1.9g (2.92%), Saturated Fat: 0.16g (1%), Carbohydrates: 9.55g (3.18%), Net Carbohydrates: 8.48g (3.08%), Sugar: 7.22g (8.03%), Cholesterol: 0mg (0%), Sodium: 89.59mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Vitamin K: 19.65µg (18.72%), Manganese: 0.34mg (17.1%), Vitamin B2: 0.14mg (8.23%), Vitamin C: 3.89mg (4.71%), Potassium: 161.71mg (4.62%), Fiber: 1.07g (4.29%), Vitamin E: 0.49mg (3.24%), Calcium: 31.92mg (3.19%), Magnesium: 9.19mg (2.3%), Iron: 0.4mg (2.2%), Folate: 8.01µg (2%), Phosphorus: 18.86mg (1.89%), Copper: 0.03mg (1.39%), Vitamin B6: 0.03mg (1.35%), Vitamin B3: 0.23mg (1.14%), Zinc: 0.16mg (1.1%), Vitamin A: 53.38IU (1.07%)