



Baby Vegetables with Honey and Lavender



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus spears fresh
- ☐ 1.5 pounds baby vegetables assorted
- ☐ 0.3 cup honey
- ☐ 1 tablespoon lavender dried
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon butter unsalted

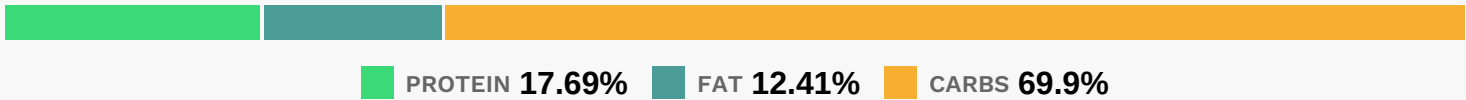
Equipment

☐ frying pan

Directions

- ☐ Trim baby vegetables, if necessary. Cook in boiling salted water to cover 5 to 7 minutes or until crisp-tender; drain. Plunge into ice water to stop cooking process; drain and set aside.
- ☐ Cut 4-inch tips from asparagus, discarding ends. Cook in boiling salted water to cover 3 to 4 minutes or until crisp-tender; drain. Plunge into ice water to stop cooking process; drain and set aside.
- ☐ Melt butter in a large skillet over medium heat; stir in honey, lavender, salt, and pepper.
- ☐ Add baby vegetables and asparagus; stir until coated. Cook until thoroughly heated.
- ☐ *We tested with baby carrots, zucchini, yellow pattypan squash, and green pattypan squash.

Nutrition Facts



Properties

Glycemic Index:40.15, Glycemic Load:16.33, Inflammation Score:-9, Nutrition Score:27.506956232955%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 252.11kcal (12.61%), Fat: 3.7g (5.69%), Saturated Fat: 1.97g (12.29%), Carbohydrates: 46.85g (15.62%), Net Carbohydrates: 34.7g (12.62%), Sugar: 29.17g (32.42%), Cholesterol: 7.53mg (2.51%), Sodium: 302.72mg (13.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.86g (23.72%), Vitamin C: 74.95mg (90.84%), Vitamin K: 89.81µg (85.53%), Fiber: 12.15g (48.6%), Manganese: 0.91mg (45.52%), Vitamin A: 2257.93IU (45.16%), Folate: 170.08µg (42.52%), Vitamin B1: 0.61mg (41%), Iron: 5.11mg (28.36%), Copper: 0.52mg (26.19%), Phosphorus: 244.56mg (24.46%), Vitamin B3: 4.69mg (23.46%), Vitamin B2: 0.39mg (23.17%), Vitamin B6: 0.4mg (19.81%), Potassium: 657.68mg (18.79%), Zinc: 2.77mg (18.49%), Magnesium: 72.72mg (18.18%), Vitamin E: 1.59mg (10.57%), Selenium: 5.88µg (8.4%), Calcium: 80.83mg (8.08%), Vitamin B5: 0.51mg (5.08%)