






 1%
HEALTH SCORE

Baby Vegetables with Tarragon Nage

 Vegetarian  Gluten Free

READY IN

25 min.

SERVINGS

4

CALORIES

288 kcal

SIDE DISH

Ingredients

- 1 pound baby vegetables (zucchini, pattypan squash, carrots, etc.)
- 2 tablespoons tarragon fresh chopped
- 2 cloves garlic sliced thin
- 0.5 teaspoon pepper fresh black
- 2 tablespoons sea salt
- 5 ounces butter sweet (1 stick plus 2 tablespoons)
- 5 tablespoons water cold

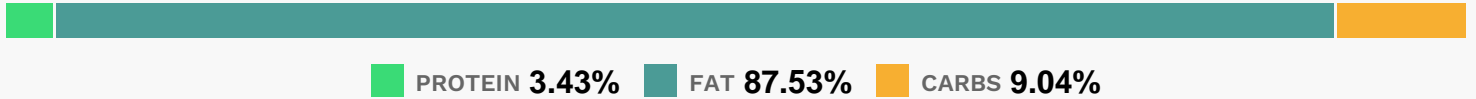
Equipment

- frying pan
- whisk
- pot
- colander

Directions

- Bring a gallon of water to a boil in a stockpot. Salt it with 2 tablespoons sea salt. Wash the baby vegetables under cold water in colander.
- Blanch vegetables in boiling water for 2 minutes, drain and refresh in cool water. Dry well.
- In a large saute pan heat 1 tablespoon of butter with the garlic and saute until light brown.
- Add the cold water. When water comes to a simmer reduce heat to low and swirl in the butter, whisking constantly, one tablespoon at a time. When you add in the last of the butter also add the vegetables, tarragon, and pepper and just heat through. Taste and season with salt if needed.
- Remove from heat and serve.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:1.23, Inflammation Score:-7, Nutrition Score:8.5334782496743%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 287.68kcal (14.38%), Fat: 29.24g (44.98%), Saturated Fat: 18.33g (114.57%), Carbohydrates: 6.79g (2.26%), Net Carbohydrates: 5.08g (1.85%), Sugar: 2.75g (3.05%), Cholesterol: 76.19mg (25.4%), Sodium: 3720.63mg (161.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Vitamin C: 22.63mg (27.43%), Manganese: 0.52mg (26.14%), Vitamin A: 1280.14IU (25.6%), Vitamin B6: 0.23mg (11.42%), Folate: 44.76µg (11.19%), Magnesium: 40.02mg (10%), Potassium: 330.65mg (9.45%), Iron: 1.67mg (9.28%), Calcium: 76.46mg (7.65%), Copper: 0.15mg (7.64%), Fiber: 1.71g (6.86%), Vitamin E: 0.97mg (6.49%), Vitamin K: 6.66µg (6.34%), Phosphorus: 62.97mg (6.3%), Vitamin B1: 0.09mg (6.21%), Vitamin B2: 0.09mg (5.59%), Vitamin B3: 1.02mg (5.11%), Zinc: 0.53mg

(3.52%), Vitamin B5: 0.17mg (1.67%), Selenium: 0.97µg (1.38%)