



Braised Radishes

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter cut into bits
- 1.5 cups chicken stock see
- 2 bunches radishes trimmed
- 1 tablespoon red wine vinegar
- 4 servings salt and pepper
- 1 large shallots thinly sliced
- 2 tablespoons sugar

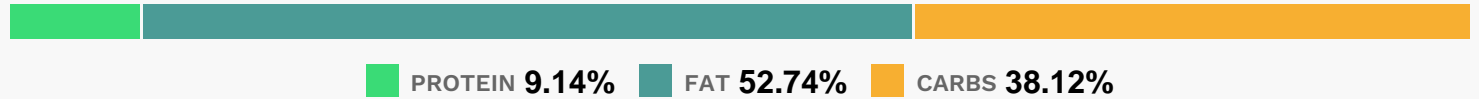
Equipment

frying pan

Directions

Place radishes in a skillet with stock, butter bits, shallots, sugar, vinegar, salt and pepper. Cover the pan and bring to a boil. Uncover the pan and reduce heat to medium. Cook radishes 10 to 12 minutes and if the stock has not cooked away, remove radishes and cook down to 1/2 cup, about 2 minutes.

Nutrition Facts



Properties

Glycemic Index:45.52, Glycemic Load:4.59, Inflammation Score:-2, Nutrition Score:2.6904347571342%

Flavonoids

Pelargonidin: 15.78mg, Pelargonidin: 15.78mg, Pelargonidin: 15.78mg, Pelargonidin: 15.78mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg

Nutrients (% of daily need)

Calories: 114.9kcal (5.75%), Fat: 6.81g (10.47%), Saturated Fat: 3.9g (24.35%), Carbohydrates: 11.07g (3.69%), Net Carbohydrates: 10.47g (3.81%), Sugar: 8.37g (9.3%), Cholesterol: 17.75mg (5.92%), Sodium: 378.36mg (16.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.31%), Vitamin B3: 1.5mg (7.5%), Vitamin B2: 0.09mg (5.35%), Vitamin C: 4.4mg (5.33%), Potassium: 176.93mg (5.06%), Vitamin B6: 0.09mg (4.72%), Vitamin A: 179.63IU (3.59%), Phosphorus: 35.03mg (3.5%), Copper: 0.07mg (3.38%), Selenium: 2.31µg (3.3%), Folate: 13.09µg (3.27%), Vitamin B1: 0.04mg (2.57%), Fiber: 0.6g (2.4%), Iron: 0.37mg (2.07%), Magnesium: 7.71mg (1.93%), Manganese: 0.04mg (1.9%), Zinc: 0.23mg (1.53%), Calcium: 13.35mg (1.33%), Vitamin E: 0.19mg (1.28%)