



Braised Spiced Rhubarb and Celery



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoon butter
- ☐ 72 inch lengths of celery
- ☐ 0.5 cup chicken broth
- ☐ 1 tablespoon ginger freshly grated
- ☐ 0.3 cup golden raisons
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup brown sugar light packed
- ☐ 72 inch lengths of rhubarb

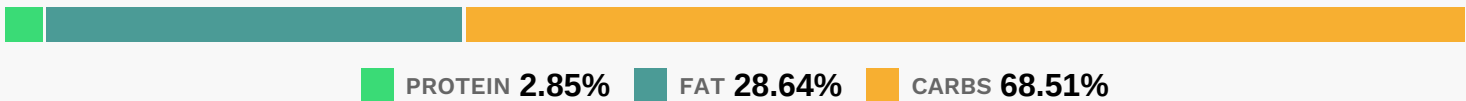
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ ½ red onion, cut into ¼-inch-thick rounds¼ cup golden raisins1 teaspoon freshly grated gingerzest of 1 orange, in long thin strips½-cup chicken broth¼-cup white-wine vinegar2 tablespoons butter¼-cup packed light-brown sugar¼-cup granulated sugar12 6-inch lengths of rhubarb12 6-inch lengths of celery
- ☐ Combine onion, raisins, ginger, zest, chicken broth, vinegar, butter and sugars in a saucepan; bring to a simmer over medium heat.
- ☐ Add rhubarb and celery; cover; reduce heat. Simmer gently until rhubarb is tender but not falling apart, about 5 minutes.
- ☐ Remove rhubarb from liquid, and set aside. Continue to simmer liquid until it has thickened and reduced and celery is tender, about 10 minutes more.
- ☐ Transfer to a bowl, and return cooked rhubarb to mixture.
- ☐ Let cool, and chill until needed. The braised vegetables may be made a ahead and will last several days refrigerated in an airtight container.

Nutrition Facts



Properties

Glycemic Index:38.79, Glycemic Load:6.74, Inflammation Score:-4, Nutrition Score:4.5543478604244%

Flavonoids

Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 121.32kcal (6.07%), Fat: 4.05g (6.23%), Saturated Fat: 2.44g (15.27%), Carbohydrates: 21.78g (7.26%), Net Carbohydrates: 20.14g (7.32%), Sugar: 19.18g (21.31%), Cholesterol: 10.43mg (3.47%), Sodium: 145.57mg (6.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.81%), Vitamin K: 27.3µg (26%), Vitamin C: 11.35mg (13.76%), Vitamin A: 372.2IU (7.44%), Potassium: 253.95mg (7.26%), Manganese: 0.14mg (6.84%), Fiber: 1.64g (6.54%), Calcium: 58.64mg (5.86%), Folate: 22.34µg (5.58%), Vitamin B2: 0.05mg (3.18%), Vitamin E: 0.46mg (3.06%), Magnesium: 12.13mg (3.03%), Vitamin B6: 0.05mg (2.73%), Copper: 0.05mg (2.34%), Phosphorus: 21.81mg (2.18%), Vitamin B5: 0.18mg (1.83%), Vitamin B3: 0.35mg (1.73%), Vitamin B1: 0.02mg (1.57%), Iron: 0.28mg (1.54%), Selenium: 0.84µg (1.2%)