



Braised Spring Vegetables



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 0.5 pound carrots trimmed peeled
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 3 juice of orange
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 pound radishes trimmed
- ☐ 0.5 teaspoon sea salt

- ☐ 0.5 pound turnips trimmed peeled
- ☐ 1 tablespoon butter unsalted
- ☐ 0.5 cup water cold

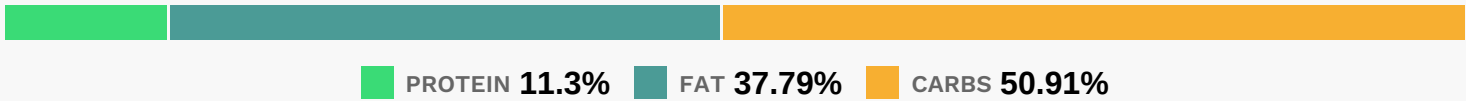
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil and butter in a large pan over medium heat until butter melts.
- ☐ Add carrots and turnips, and saut, stirring occasionally, about 8 minutes or until golden brown.
- ☐ Add radishes, asparagus, and tarragon, and saut 1 to 2 minutes, stirring occasionally. Stir in remaining ingredients. Cover, reduce heat to low, and simmer 2 to 3 minutes or until liquid is thickened slightly and vegetables are tender.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.23, Glycemic Load:3.81, Inflammation Score:-10, Nutrition Score:12.885217375243%

Flavonoids

Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg

Nutrients (% of daily need)

Calories: 76.32kcal (3.82%), Fat: 3.47g (5.34%), Saturated Fat: 1.21g (7.54%), Carbohydrates: 10.52g (3.51%), Net Carbohydrates: 7.45g (2.71%), Sugar: 5.91g (6.56%), Cholesterol: 3.76mg (1.25%), Sodium: 197.84mg (8.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.67%), Vitamin A: 5292.52IU (105.85%), Vitamin C: 26.68mg (32.34%), Vitamin K: 29.03µg (27.64%), Folate: 55.42µg (13.86%), Manganese: 0.27mg (13.45%), Fiber: 3.07g

(12.3%), Potassium: 398.18mg (11.38%), Iron: 1.82mg (10.14%), Vitamin B1: 0.14mg (9.14%), Copper: 0.18mg (8.88%), Vitamin B6: 0.17mg (8.33%), Vitamin B2: 0.14mg (7.95%), Vitamin E: 1.14mg (7.59%), Phosphorus: 59.81mg (5.98%), Vitamin B3: 1.19mg (5.94%), Magnesium: 23.1mg (5.77%), Calcium: 52.24mg (5.22%), Zinc: 0.58mg (3.86%), Vitamin B5: 0.38mg (3.82%), Selenium: 1.78µg (2.55%)