



## Chardonnay-Braised Radishes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon butter
- 1 cup chardonnay dry white
- 1 tablespoon parsley fresh chopped
- 1 teaspoon thyme leaves fresh minced
- 1 pound radishes
- 0.3 cup onion red minced
- 0.5 teaspoon salt

### Equipment

- frying pan
- sauce pan
- slotted spoon

## Directions

- Heat a medium saucepan coated with cooking spray over medium–low heat.
- Add onion and thyme; cook 3 minutes, stirring frequently. Stir in radishes; cook 1 minute, stirring constantly.
- Add wine; bring to a boil. Cover, reduce heat, and simmer 5 minutes or just until radishes are tender.
- Remove radishes from pan with a slotted spoon. Cook wine mixture 2 minutes or until slightly thick, stirring occasionally.
- Remove from heat; stir in butter and salt.
- Pour wine mixture over radishes, and sprinkle with parsley.
- Serve immediately.

## Nutrition Facts

**PROTEIN 7.09%** **FAT 47.03%** **CARBS 45.88%**

## Properties

Glycemic Index:33.5, Glycemic Load:0.75, Inflammation Score:-6, Nutrition Score:3.4952173974851%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 47.73mg, Pelargonidin: 47.73mg, Pelargonidin: 47.73mg, Pelargonidin: 47.73mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

## Nutrients (% of daily need)

Calories: 64.87kcal (3.24%), Fat: 1.99g (3.05%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 4.36g (1.45%), Net Carbohydrates: 2.97g (1.08%), Sugar: 2.08g (2.31%), Cholesterol: 5.02mg (1.67%), Sodium: 240.95mg (10.48%), Alcohol: 4.12g (100%), Alcohol %: 4.14% (100%), Protein: 0.67g (1.35%), Vitamin C: 13.1mg (15.88%), Vitamin K: 12.27µg (11.68%), Potassium: 220.6mg (6.3%), Manganese: 0.11mg (5.74%), Fiber: 1.39g (5.57%), Folate: 21.8µg (5.45%), Vitamin B6: 0.08mg (4.18%), Magnesium: 13.14mg (3.29%), Vitamin A: 135.73IU (2.71%), Calcium: 26.98mg (2.7%), Iron: 0.48mg (2.67%), Phosphorus: 25.55mg (2.56%), Vitamin B2: 0.04mg (2.37%), Copper: 0.05mg (2.25%), Zinc: 0.29mg (1.91%), Vitamin B5: 0.16mg (1.58%), Vitamin B3: 0.26mg (1.29%)