



## Deborah Madison's Spring Garden Hodgepodge of Radishes, Leeks, and Peas Depending ...

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



155 kcal

SIDE DISH

### Ingredients

- 3 asparagus thick ends trimmed peeled sliced
- 0.5 cup chicken stock see
- 3 leek white green sliced plus a little of the pale , ( 1/2 cup) thin
- 1 teaspoon juice of lemon
- 0.8 cup peas
- 1 Handful radishes

- 2 servings sea salt
- 1 teaspoon tarragon finely chopped

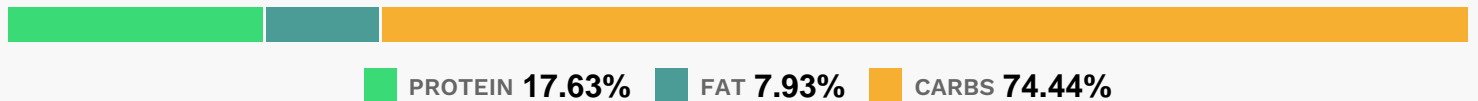
## Equipment

- bowl
- frying pan

## Directions

- Prepare and wash all your vegetables. Trim the radishes and slice them lengthwise, making all the pieces more or less the same size. Also wash and dry the greens, and ready the leeks, peas, and asparagus. (If you wish, you can make a stock to use in this dish with the leek trimmings, pea pods, asparagus peels, some tarragon, and salt. You'll need only 1 cup or so.)
- When you are about ready to eat, melt a few teaspoons butter in a heavy skillet over medium heat.
- Add the leeks and 1/2 cup of the water and simmer for 5 minutes. Season with a few pinches of salt, add the radishes and asparagus, and simmer for 3 minutes. Next, add the peas and radish greens, making sure there is liquid in the pan as you go and adding more if needed. Continue cooking until the peas are bright green and the leaves are tender, about 2 minutes longer. The radish leaves will wilt and look a little funky, but they will taste mild and slightly nutty.
- When the vegetables are done, remove from the heat, add a heaping spoonful of butter, season with salt, and stir in the tarragon and lemon juice. Taste and adjust the seasonings, then serve and enjoy your garden in a bowl.

## Nutrition Facts



## Properties

Glycemic Index:105.17, Glycemic Load:7.83, Inflammation Score:-9, Nutrition Score:21.446086904277%

## Flavonoids

Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg

Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg Kaempferol: 3.9mg, Kaempferol: 3.9mg, Kaempferol: 3.9mg, Kaempferol: 3.9mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

## **Nutrients (% of daily need)**

Calories: 155.46kcal (7.77%), Fat: 1.45g (2.22%), Saturated Fat: 0.31g (1.96%), Carbohydrates: 30.53g (10.18%), Net Carbohydrates: 24.43g (8.88%), Sugar: 9.76g (10.85%), Cholesterol: 1.8mg (0.6%), Sodium: 310.33mg (13.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.46%), Vitamin K: 86.34µg (82.23%), Vitamin A: 2866.84IU (57.34%), Vitamin C: 40.78mg (49.42%), Manganese: 0.98mg (49.19%), Folate: 139.63µg (34.91%), Iron: 4.57mg (25.39%), Fiber: 6.1g (24.38%), Vitamin B6: 0.49mg (24.35%), Vitamin B1: 0.28mg (18.88%), Copper: 0.34mg (17.06%), Magnesium: 64.76mg (16.19%), Potassium: 518.44mg (14.81%), Vitamin B3: 2.95mg (14.73%), Phosphorus: 137.56mg (13.76%), Vitamin B2: 0.21mg (12.39%), Calcium: 111.7mg (11.17%), Vitamin E: 1.59mg (10.61%), Zinc: 1.09mg (7.27%), Selenium: 4.24µg (6.05%), Vitamin B5: 0.31mg (3.13%)