



Honey-Soy-Glazed Vegetables with Crispy Mushrooms

READY IN



40 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 0.3 cup honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons blackstrap molasses
- ☐ 1 pound radishes quartered
- ☐ 0.5 pound asian rice crackers
- ☐ 4 servings salt
- ☐ 6 large mushroom caps stemmed quartered

- ☐ 2 tablespoons soya sauce
- ☐ 0.5 pound swiss chard coarsely chopped
- ☐ 1 pound turnips cut into 3/4-inch wedges
- ☐ 2 tablespoons water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ In a large skillet, heat 1 tablespoon of the oil until shimmering.
- ☐ Add the turnips and radishes and cook over moderately high heat, stirring, until lightly browned and crisp-tender, 10 minutes.
- ☐ Add the honey and cook over moderate heat, stirring, until the vegetables are glazed, 5 minutes.
- ☐ Add the soy sauce and cook until syrupy, 5 minutes longer.
- ☐ Add the lemon juice and the Swiss chard; cook until the chard is wilted, 2 minutes. Raise the heat to high and cook until all of the liquid has evaporated, 2 minutes longer; keep warm.
- ☐ In a medium bowl, whisk the molasses with the water and season with salt.
- ☐ Add the shiitake and toss to coat.
- ☐ Drain the mushrooms, squeezing out most of the excess liquid. In a separate bowl, toss the mushrooms with the rice cracker crumbs, pressing to help the crumbs adhere.
- ☐ In a large skillet, heat the remaining 1/4 cup of oil until shimmering.
- ☐ Add the coated mushrooms and cook over high heat, turning once, until golden and crisp, 5 minutes.
- ☐ Transfer to paper towels to drain. Top the vegetables with the mushrooms and serve immediately.

Nutrition Facts



 **PROTEIN 6.45%**  **FAT 33.93%**  **CARBS 59.62%**

Properties

Glycemic Index:70.07, Glycemic Load:17.62, Inflammation Score:-10, Nutrition Score:23.887826175793%

Flavonoids

Pelargonidin: 71.59mg, Pelargonidin: 71.59mg, Pelargonidin: 71.59mg, Pelargonidin: 71.59mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 4.26mg, Kaempferol: 4.26mg, Kaempferol: 4.26mg, Kaempferol: 4.26mg Myricetin: 1.76mg, Myricetin: 1.76mg, Myricetin: 1.76mg, Myricetin: 1.76mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 390.99kcal (19.55%), Fat: 15.38g (23.66%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 60.79g (20.26%), Net Carbohydrates: 54.47g (19.81%), Sugar: 33.56g (37.29%), Cholesterol: 0mg (0%), Sodium: 1207.43mg (52.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.15%), Vitamin K: 482.17µg (459.21%), Vitamin A: 4156.27IU (83.13%), Vitamin C: 59.71mg (72.37%), Manganese: 0.7mg (35.09%), Potassium: 1003.04mg (28.66%), Magnesium: 102.47mg (25.62%), Fiber: 6.32g (25.28%), Vitamin E: 3.56mg (23.74%), Vitamin B6: 0.39mg (19.6%), Copper: 0.35mg (17.74%), Folate: 62.45µg (15.61%), Iron: 2.78mg (15.46%), Vitamin B3: 2.99mg (14.93%), Vitamin B2: 0.23mg (13.42%), Calcium: 124.92mg (12.49%), Phosphorus: 118.85mg (11.88%), Vitamin B5: 0.96mg (9.6%), Vitamin B1: 0.14mg (9.06%), Zinc: 1.16mg (7.74%), Selenium: 5.21µg (7.44%)