



Marinated Vegetables with Tarragon Vinaigrette

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



45 min.

SERVINGS



7

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus fresh
- ☐ 1 pound baby carrots
- ☐ 1 pint cherry tomatoes
- ☐ 1 cucumber sliced
- ☐ 0.5 pound green beans
- ☐ 7 servings lettuce leaves
- ☐ 1.5 pounds new potatoes quartered

- ☐ 1 pint pear tomatoes yellow
- ☐ 7 servings tarragon vinaigrette
- ☐ 3 bell peppers yellow cut in 1/2-inch slices

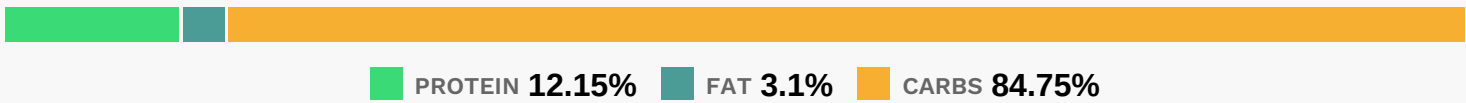
Equipment

- ☐ ziploc bags
- ☐ peeler

Directions

- ☐ Snap off tough ends of asparagus; remove scales from stalks with a vegetable peeler, if desired.
- ☐ Cook asparagus in boiling water to cover 2 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process.
- ☐ Drain, and place in a zip-top plastic bag.
- ☐ Cook potatoes in boiling salted water to cover 10 minutes or until tender; drain. Cool.
- ☐ Place in a zip-top plastic bag.
- ☐ Cook carrots in boiling salted water to cover 5 minutes or until tender; drain. Cool.
- ☐ Place in a zip-top plastic bag.
- ☐ Cook beans in boiling water to cover 3 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process.
- ☐ Drain and place in a zip-top plastic bag.
- ☐ Place tomatoes, bell peppers, and cucumber in separate zip-top plastic bags.
- ☐ Pour 1/4 cup Tarragon Vinaigrette into each bag. Seal and chill at least 1 hour, turning occasionally.
- ☐ Drain each bag, discarding dressing. Arrange vegetables on a lettuce-lined platter.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:16.84, Inflammation Score:-10, Nutrition Score:26.793478405994%

Flavonoids

Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 2.54mg, Epicatechin: 2.54mg, Epicatechin: 2.54mg, Epicatechin: 2.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 3.9mg, Isorhamnetin: 3.9mg, Isorhamnetin: 3.9mg, Isorhamnetin: 3.9mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg

Nutrients (% of daily need)

Calories: 196.69kcal (9.83%), Fat: 0.74g (1.14%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 45.45g (15.15%), Net Carbohydrates: 35.55g (12.93%), Sugar: 15.22g (16.91%), Cholesterol: 0mg (0%), Sodium: 76.94mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.03%), Vitamin A: 11950.41IU (239.01%), Vitamin C: 146.51mg (177.59%), Vitamin K: 56.78µg (54.07%), Fiber: 9.89g (39.58%), Manganese: 0.76mg (38.25%), Potassium: 1230.97mg (35.17%), Vitamin B6: 0.69mg (34.4%), Folate: 122.07µg (30.52%), Copper: 0.51mg (25.62%), Iron: 4.5mg (25.02%), Vitamin B1: 0.3mg (20.2%), Magnesium: 74.68mg (18.67%), Phosphorus: 177.92mg (17.79%), Vitamin B3: 3.38mg (16.9%), Vitamin B2: 0.27mg (16.05%), Vitamin B5: 1.11mg (11.07%), Calcium: 105.1mg (10.51%), Vitamin E: 1.42mg (9.46%), Zinc: 1.23mg (8.19%), Selenium: 3.35µg (4.78%)