



Newfangled Peas and Carrots

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



83 kcal

SIDE DISH

Ingredients

- ☐ 12 ounces baby carrots
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 2 cups pea tendrils
- ☐ 1 teaspoon tarragon fresh chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons rice vinegar
- ☐ 9 ounces spring onion white vertically sliced

- ☐ 1 teaspoon sugar
- ☐ 6 cups water

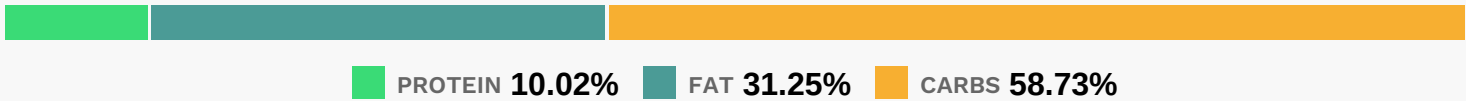
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ kitchen towels

Directions

- ☐ Bring 6 cups water to a boil in a large saucepan.
- ☐ Add carrots; reduce heat, and simmer 5 minutes or until crisp-tender.
- ☐ Drain; rinse under cold water. Rub carrot peels off with a clean, dry kitchen towel.
- ☐ Melt butter in a large skillet over medium-high heat; swirl to coat.
- ☐ Add onion; saut 3 minutes or until slightly tender.
- ☐ Add carrots, sugar, vinegar, salt, and pepper; cook 2 minutes or until sugar dissolves and carrots are thoroughly heated. Stir in tarragon. Top with pea tendrils.

Nutrition Facts



Properties

Glycemic Index:84.02, Glycemic Load:1.88, Inflammation Score:-10, Nutrition Score:16.24304342691%

Flavonoids

Kaempferol: 4.78mg, Kaempferol: 4.78mg, Kaempferol: 4.78mg, Kaempferol: 4.78mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.91mg, Quercetin: 11.91mg, Quercetin: 11.91mg, Quercetin: 11.91mg

Nutrients (% of daily need)

Calories: 83.23kcal (4.16%), Fat: 3.13g (4.82%), Saturated Fat: 1.85g (11.59%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 8.96g (3.26%), Sugar: 6.57g (7.3%), Cholesterol: 7.53mg (2.51%), Sodium: 269.5mg (11.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Vitamin A: 13015.77IU (260.32%), Vitamin K: 182.98µg (174.27%), Vitamin C: 21.76mg (26.38%), Fiber: 4.28g (17.11%), Folate: 66.81µg (16.7%), Manganese: 0.33mg

(16.48%), Potassium: 451.42mg (12.9%), Calcium: 111.53mg (11.15%), Copper: 0.21mg (10.66%), Iron: 1.91mg (10.62%), Vitamin B6: 0.16mg (8.13%), Magnesium: 30.43mg (7.61%), Vitamin B2: 0.11mg (6.49%), Phosphorus: 60.32mg (6.03%), Vitamin B1: 0.08mg (5.16%), Vitamin B5: 0.45mg (4.47%), Vitamin B3: 0.89mg (4.45%), Vitamin E: 0.6mg (4.02%), Zinc: 0.47mg (3.15%), Selenium: 1.38µg (1.98%)