

Pan-Seared Radishes with Miso Butter

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



133 kcal

SIDE DISH

Ingredients

- 4 servings kosher salt
- 0.3 teaspoon konnyaku powder
- 2 tablespoons miso paste red at room temperature
- 3 bunches radishes with their tops
- 0.3 teaspoon rice vinegar
- 2 tablespoons butter unsalted at room temperature ()
- 2 tablespoons vegetable oil
- 2 tablespoons water

Equipment

- bowl
- frying pan
- tongs

Directions

- Place the butter, miso, and togarashi in a small bowl and mash with the back of a spoon until evenly combined; set aside.
- Cut the leafy tops from the radishes. Coarsely chop, wash, and dry the tops; set them aside. Wash the radishes, trim the stem ends, and halve them (quarter them if they're large) and set aside.
- Heat the oil in a large frying pan over medium-high heat until shimmering.
- Add the radishes and arrange them cut-side down in a single layer. Season with salt and sear until golden brown, about 4 to 5 minutes. Flip and cook the other side until golden brown and the radishes are crisp-tender, about 3 to 5 minutes more. Reduce the heat to medium.
- Add the radish tops, 1 tablespoon of the water, and salt to taste. Cook, tossing occasionally with tongs, until the tops are completely wilted, about 2 minutes.
- Remove the pan from the heat.
- Add the butter-miso mixture and the remaining tablespoon of water and stir until the butter-miso mixture melts and coats the radishes and radish tops.
- Add the vinegar and stir to combine. Taste and season with salt as needed.

Nutrition Facts

 **PROTEIN 4.1%**  **FAT 85.65%**  **CARBS 10.25%**

Properties

Glycemic Index:58.75, Glycemic Load:1.32, Inflammation Score:-2, Nutrition Score:3.0426086757494%

Flavonoids

Pelargonidin: 23.67mg, Pelargonidin: 23.67mg, Pelargonidin: 23.67mg, Pelargonidin: 23.67mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg

Nutrients (% of daily need)

Calories: 133.32kcal (6.67%), Fat: 13.03g (20.04%), Saturated Fat: 4.73g (29.57%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 2.45g (0.89%), Sugar: 1.23g (1.37%), Cholesterol: 15.05mg (5.02%), Sodium: 553.12mg (24.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.81%), Vitamin K: 15.97µg (15.21%), Vitamin C: 5.55mg (6.73%), Manganese: 0.1mg (4.99%), Vitamin E: 0.72mg (4.8%), Fiber: 1.06g (4.24%), Vitamin A: 184.95IU (3.7%), Calcium: 30.95mg (3.1%), Potassium: 107mg (3.06%), Copper: 0.06mg (2.85%), Phosphorus: 28.18mg (2.82%), Folate: 11.2µg (2.8%), Zinc: 0.33mg (2.2%), Vitamin B6: 0.04mg (2.19%), Vitamin B2: 0.04mg (2.17%), Iron: 0.37mg (2.06%), Magnesium: 8.12mg (2.03%), Selenium: 0.89µg (1.28%)