



Radishes in Browned Butter and Lemon

 Vegetarian  Gluten Free  Low Fod Map

READY IN



19 min.

SERVINGS



4

CALORIES



57 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 2 teaspoons juice of lemon fresh
- 0.5 teaspoon lemon rind grated
- 1 cup torn radish leaves
- 3 cups radishes with root and 1-inch stem left on halved lengthwise
- 0.3 teaspoon salt

Equipment

frying pan

pot

Directions

Bring a medium pot of water to a boil.

Add radishes to pan; cook 4 minutes or until crisp-tender.

Drain.

Melt butter in a medium skillet over medium-high heat.

Add radishes to pan; saut 3 minutes or until butter is browned and fragrant.

Add rind, juice, and salt; cook 1 minute, stirring occasionally.

Remove pan from heat; stir in radish leaves and pepper.

Nutrition Facts

 PROTEIN **19.68%**  FAT **48.55%**  CARBS **31.77%**

Properties

Glycemic Index:28.5, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:7.5252172470741%

Flavonoids

Pelargonidin: 54.92mg, Pelargonidin: 54.92mg, Pelargonidin: 54.92mg, Pelargonidin: 54.92mg 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 Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 56.56kcal (2.83%), Fat: 3.17g (4.88%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 4.67g (1.56%), Net Carbohydrates: 3.21g (1.17%), Sugar: 1.69g (1.88%), Cholesterol: 7.53mg (2.51%), Sodium: 201.84mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.79%), Vitamin C: 62.08mg (75.24%), Vitamin B2: 0.33mg (19.51%), Calcium: 180.46mg (18.05%), Vitamin B1: 0.13mg (8.65%), Potassium: 208.22mg (5.95%), Fiber: 1.46g (5.83%), Folate: 22.41µg (5.6%), Magnesium: 22.19mg (5.55%), Phosphorus: 53.56mg (5.36%), Manganese: 0.08mg (3.83%), Vitamin B3: 0.7mg (3.5%), Vitamin B6: 0.06mg (3.19%), Copper: 0.05mg (2.3%), Zinc: 0.31mg (2.06%), Iron: 0.37mg (2.04%), Vitamin A: 94.51IU (1.89%), Vitamin B5: 0.15mg (1.53%), Vitamin K: 1.58µg (1.51%)