



## Radishes Simmered with Thyme

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



9 kcal

SIDE DISH

### Ingredients

- 1 clove garlic minced
- 20 radishes trimmed
- 1 tablespoon onion red minced
- 4 servings salt and pepper to taste
- 0.1 teaspoon thyme leaves dried
- 1 cup water
- 1 pinch granulated sugar white
- 1 tablespoon wine

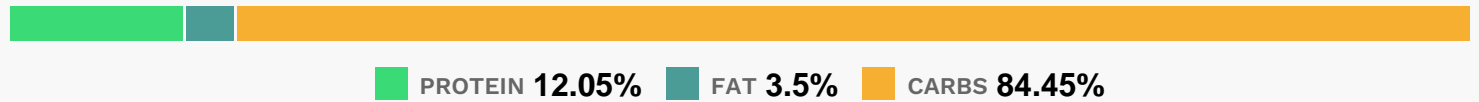
## Equipment

- sauce pan
- slotted spoon

## Directions

- Pour the water into a small saucepan along with the wine, garlic, onion, and thyme. Bring to a boil over high heat, then season to taste with salt and pepper.
- Add the radishes, cover, reduce heat to medium-low, and simmer until the radishes are just tender, 6 to 8 minutes.
- Remove the radishes to a serving dish with a slotted spoon and keep warm. Bring the liquid to a boil over high heat, and add a pinch of sugar. Boil until the liquid has reduced by half, then pour over the hot radishes.

## Nutrition Facts



## Properties

Glycemic Index:54.77, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:0.83434781213493%

## Flavonoids

Pelargonidin: 12.63mg, Pelargonidin: 12.63mg, Pelargonidin: 12.63mg, Pelargonidin: 12.63mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 9.42kcal (0.47%), Fat: 0.03g (0.04%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.14g (0.41%), Sugar: 0.77g (0.86%), Cholesterol: 0mg (0%), Sodium: 204.97mg (8.91%), Alcohol: 0.39g (100%), Alcohol %: 0.56% (100%), Protein: 0.22g (0.43%), Vitamin C: 3.48mg (4.22%), Manganese: 0.04mg (1.78%), Potassium: 56.35mg (1.61%), Fiber: 0.39g (1.55%), Vitamin B6: 0.03mg (1.43%), Folate: 5.56µg (1.39%), Copper: 0.02mg (1.17%)