

Radishes with Butter and Salt



Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

185 kcal

SIDE DISH

Ingredients



1 pinch pepper black freshly ground



1 baguette french lightly toasted sliced



1.5 teaspoons optional: dill fresh minced



1.5 teaspoons parsley leaves fresh minced



0.5 teaspoon kosher salt



0.5 teaspoon juice of lemon freshly squeezed



2 bunches radishes with the tops intact



1.5 teaspoons scallions minced

- ☐ 8 servings sea salt
- ☐ 0.3 pound butter unsalted at room temperature

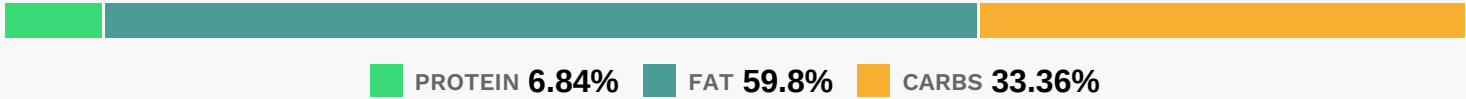
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ Arrange the radishes on a bed of sea salt.
- ☐ Spread the butter on slices of toasted bread and arrange artfully on a platter.
- ☐ Serve at room temperature.
- ☐ Combine all the ingredients in the bowl of an electric mixer fitted with the paddle attachment on low speed until combined. Do not whip.

Nutrition Facts



Properties

Glycemic Index:26.84, Glycemic Load:10.39, Inflammation Score:-3, Nutrition Score:4.2891304091267%

Flavonoids

Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 184.81kcal (9.24%), Fat: 12.36g (19.02%), Saturated Fat: 7.46g (46.6%), Carbohydrates: 15.52g (5.17%), Net Carbohydrates: 14.65g (5.33%), Sugar: 1.72g (1.91%), Cholesterol: 30.48mg (10.16%), Sodium: 538.78mg (23.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Vitamin B1: 0.18mg (12.29%), Folate: 37.35µg (9.34%), Selenium: 5.6µg (7.99%), Manganese: 0.16mg (7.88%), Vitamin B3: 1.46mg (7.3%), Vitamin A: 361.95IU

(7.24%), Vitamin B2: 0.11mg (6.5%), Iron: 1.14mg (6.31%), Calcium: 39.96mg (4%), Phosphorus: 35.8mg (3.58%),
Fiber: 0.87g (3.48%), Vitamin K: 3.2µg (3.04%), Vitamin E: 0.42mg (2.82%), Vitamin C: 2.08mg (2.52%), Magnesium:
9.8mg (2.45%), Copper: 0.05mg (2.36%), Vitamin B6: 0.04mg (2.11%), Potassium: 73.11mg (2.09%), Zinc: 0.3mg
(1.98%), Vitamin B5: 0.16mg (1.55%), Vitamin D: 0.21µg (1.42%)