



Roasted Radishes with Brown Butter, Lemon, and Radish Tops



Vegetarian



Gluten Free



Popular



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 4 servings kosher salt
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1.5 tablespoons olive oil
- ☐ 2 bunches radishes red (such as , pink, and purple; 20)
- ☐ 2 tablespoons butter unsalted ()

Equipment

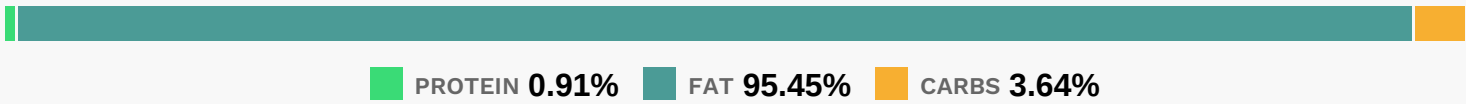
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 450°F.
- ☐ Brush large heavy-dutyrimmed baking sheet with olive oil.
- ☐ Cut off all but 1/2 inch of green radish tops;reserve trimmed tops and rinse them well,checking for grit. Coarsely chop radish topsand set aside.
- ☐ Cut radishes lengthwise inhalf and place in medium bowl.
- ☐ Add 1 1/2tablespoons olive oil and toss thoroughlyto coat.
- ☐ Place radishes, cut side down,on prepared baking sheet; sprinkle lightlywith coarse salt. Roast until radishes arecrisp-tender, stirring occasionally, about18 minutes. Season to taste with morecoarse kosher salt, if desired.
- ☐ medium-high heat.
- ☐ Add pinch of coarsekosher salt to skillet and cook until butterbrowns, swirling skillet frequently to keepbutter solids from burning, about 3 minutes.
- ☐ Remove skillet from heat and stir in freshlemon juice.
- ☐ Transfer roasted radishes to warmedshallow serving bowl and drizzle brownbutter over.
- ☐ Sprinkle with chopped radishtops and serve.
- ☐ Per serving: 101 calories, 11 g fat, 0.4 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:1.4139130413532%

Flavonoids

Pelargonidin: 15.78mg, Pelargonidin: 15.78mg, Pelargonidin: 15.78mg, Pelargonidin: 15.78mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg

Nutrients (% of daily need)

Calories: 100.88kcal (5.04%), Fat: 10.96g (16.85%), Saturated Fat: 4.33g (27.05%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.54g (0.2%), Sugar: 0.5g (0.56%), Cholesterol: 15.05mg (5.02%), Sodium: 204.43mg (8.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.47%), Vitamin E: 0.92mg (6.14%), Vitamin C: 4.18mg (5.07%), Vitamin K: 3.98µg (3.79%), Vitamin A: 176.76IU (3.54%), Potassium: 61.31mg (1.75%), Folate: 6.71µg (1.68%), Fiber: 0.4g (1.62%)