



Sautéed Radishes with Orange Butter

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 pound applewood-smoked bacon cut into 1-inch dice
- ☐ 1 cup orange juice freshly squeezed
- ☐ 3 pounds radishes with their greens, radishes quartered lengthwise with some stem still attached, greens coarsely chopped
- ☐ 30 servings salt and pepper black freshly ground
- ☐ 3 large shallots thinly sliced
- ☐ 1 tablespoon sugar
- ☐ 6 tablespoons butter unsalted

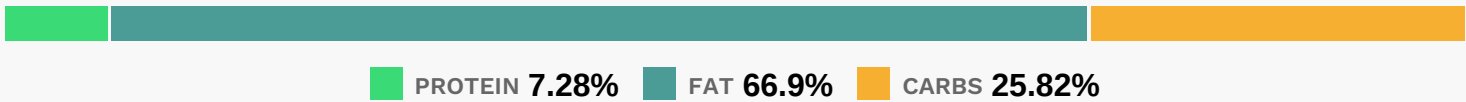
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ In a large, deep skillet, cook the bacon over moderate heat until crisp, about 4 minutes. Using a slotted spoon, transfer the bacon to paper towels to drain.
- ☐ Pour off the bacon fat in the skillet.
- ☐ Add 2 tablespoons of the butter to the skillet and melt over moderately high heat.
- ☐ Add the radish greens, season with salt and pepper and cook, stirring, until wilted, about 3 minutes. Scrape the greens into a bowl.
- ☐ Melt the remaining 4 tablespoons of butter in the skillet.
- ☐ Add the radishes, shallots and crisp bacon and cook over moderately high heat, stirring a few times, until the radishes are golden brown, about 6 minutes.
- ☐ Add the sugar and cook for 2 minutes, until dissolved.
- ☐ Add the orange juice and boil, stirring a few times, until the radishes are barely tender and the sauce is lightly thickened, about 2 minutes. Stir in the radish greens, season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:7.2, Glycemic Load:1.09, Inflammation Score:-2, Nutrition Score:2.1960869872052%

Flavonoids

Pelargonidin: 28.64mg, Pelargonidin: 28.64mg, Pelargonidin: 28.64mg, Pelargonidin: 28.64mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg

Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 50.41kcal (2.52%), Fat: 3.84g (5.91%), Saturated Fat: 1.96g (12.25%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 2.49g (0.9%), Sugar: 2.14g (2.37%), Cholesterol: 8.51mg (2.84%), Sodium: 43.43mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Vitamin C: 11.05mg (13.39%), Potassium: 140.06mg (4%), Folate: 14.77µg (3.69%), Fiber: 0.85g (3.39%), Vitamin B6: 0.05mg (2.73%), Manganese: 0.05mg (2.65%), Vitamin A: 91.73IU (1.83%), Phosphorus: 18.25mg (1.83%), Vitamin B1: 0.03mg (1.67%), Magnesium: 6.65mg (1.66%), Copper: 0.03mg (1.6%), Selenium: 1.11µg (1.58%), Vitamin B3: 0.31mg (1.54%), Vitamin B2: 0.02mg (1.47%), Calcium: 14.48mg (1.45%), Zinc: 0.19mg (1.26%), Iron: 0.23mg (1.26%), Vitamin B5: 0.12mg (1.23%)