



Slow-Cooker New Potatoes and Spring Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



400 min.

SERVINGS



18

CALORIES



83 kcal

SIDE DISH

Ingredients

- 2 pounds baby potatoes
- 2 cups baby carrots
- 1 large onion sweet spanish thinly sliced cut in half and (such as Bermuda, Maui, or Walla Walla)
- 1 teaspoon salt
- 1 pound asparagus cut into 2-inch pieces
- 0.3 cup vegetable oil
- 6 tablespoons optional: dill fresh chopped

- 1 teaspoons lemon zest grated
- 2 tablespoons dijon mustard
- 1 teaspoon salt

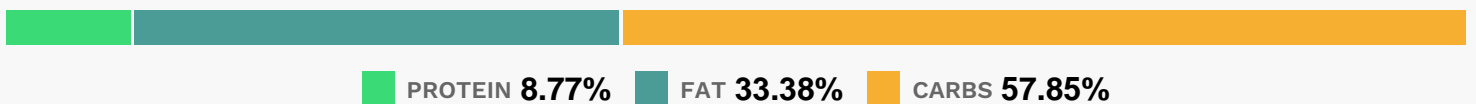
Equipment

- bowl
- slow cooker

Directions

- Cut large potatoes in half as needed to make similar-size pieces.
- Place carrots in 5- to 6-quart slow cooker. Top with onion and potatoes; sprinkle with 1 teaspoon salt.
- Cover and cook on Low heat setting 5 to 6 hours.
- Add asparagus to cooker. Increase heat setting to High. Cover and cook 15 to 20 minutes or until asparagus is crisp-tender.
- Mix oil, dill weed, lemon peel, mustard and 1 teaspoon salt in small bowl.
- Pour over vegetables in cooker; stir to coat. Vegetables will hold on Low heat setting up to 2 hours; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:9.04, Glycemic Load:6.6, Inflammation Score:-9, Nutrition Score:7.4460869664731%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 82.6kcal (4.13%), Fat: 3.19g (4.91%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 10.16g (3.69%), Sugar: 2.5g (2.77%), Cholesterol: 0mg (0%), Sodium: 292.9mg (12.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Vitamin A: 2164.47IU (43.29%), Vitamin K: 18.43µg (17.55%), Vitamin C: 12.86mg (15.58%), Vitamin B6: 0.21mg (10.6%), Potassium: 322.39mg (9.21%), Fiber: 2.3g (9.21%), Manganese: 0.16mg (8.08%), Folate: 29.57µg (7.39%), Copper: 0.13mg (6.42%), Iron: 1.15mg (6.37%), Vitamin B1: 0.09mg (6.1%), Phosphorus: 52.68mg (5.27%), Magnesium: 19.09mg (4.77%), Vitamin B3: 0.89mg (4.47%), Vitamin B2: 0.06mg (3.65%), Vitamin E: 0.55mg (3.65%), Vitamin B5: 0.3mg (2.99%), Zinc: 0.34mg (2.29%), Calcium: 21.96mg (2.2%), Selenium: 1.52µg (2.17%)