



Spring Vegetable Fricassée with Saffron Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



429 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pound asparagus trimmed cut into thirds
- ☐ 2 cups baby carrots tops removed scrubbed (3 bunches)
- ☐ 3 ounces baby spinach leaves
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 leek white halved thinly sliced
- ☐ 0.8 cup morel mushrooms fresh

- ☐ 1 tablespoon olive oil
- ☐ 1 small onion thinly sliced
- ☐ 1 cup peas or fresh frozen thawed
- ☐ 0.5 teaspoon saffron threads (scant)
- ☐ 2 shallots thinly sliced
- ☐ 0.7 cup vegetable broth
- ☐ 1.3 cups whipping cream

Equipment

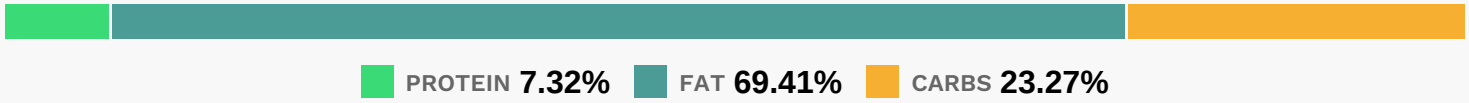
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 350°F. Lightly butter 1-quart baking dish. Cook carrots in large pot of boiling salted water 2 minutes. Using slotted spoon, transfer carrots to bowl of ice water to cool. Using slotted spoon, transfer carrots to medium bowl. If using fresh peas, cook in same pan of boiling water 2 minutes; drain and transfer to bowl of ice water to cool. Using slotted spoon, transfer peas to small bowl.
- ☐ Heat oil in medium saucepan over medium heat.
- ☐ Add onion; sauté 1 minute.
- ☐ Add shallots; sauté 1 minute.
- ☐ Add leek and sauté until vegetables are soft, about 4 minutes longer (do not brown). Stir in saffron.
- ☐ Add carrots, mushrooms, and thyme. Season with salt and pepper.
- ☐ Add wine and simmer until almost dry, about 3 minutes.
- ☐ Add broth and simmer 4 minutes.

- ☐
- Add cream and bring to simmer. Stir in peas, asparagus, and spinach.
- ☐
- Transfer to prepared baking dish and bake until edges are bubbling and top begins to brown, about 30 minutes.
- ☐
- You can substitute dried morels for fresh in this recipe. Use 1/2 ounce dried morels; cover with 1/2 cup boiling water.
- ☐
- Let soak until soft, about 20 minutes. Using slotted spoon, transfer mushrooms to small bowl.
- ☐
- Add mushroom soaking liquid to carrot-saffron mixture (leaving sediment behind) after evaporating wine. Boil until almost dry, about 5 minutes, before adding broth.

Nutrition Facts



Properties

Glycemic Index:101.08, Glycemic Load:4.03, Inflammation Score:-10, Nutrition Score:25.821738989457%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 4.11mg, Isorhamnetin: 4.11mg, Isorhamnetin: 4.11mg, Isorhamnetin: 4.11mg Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 12.36mg, Quercetin: 12.36mg, Quercetin: 12.36mg, Quercetin: 12.36mg

Nutrients (% of daily need)

Calories: 429.18kcal (21.46%), Fat: 32.69g (50.3%), Saturated Fat: 18.84g (117.72%), Carbohydrates: 24.66g (8.22%), Net Carbohydrates: 17.56g (6.39%), Sugar: 11.86g (13.18%), Cholesterol: 89.65mg (29.88%), Sodium: 258.63mg (11.24%), Alcohol: 3.09g (100%), Alcohol %: 0.99% (100%), Protein: 7.76g (15.52%), Vitamin A: 13170.51IU (263.41%), Vitamin K: 156.68µg (149.22%), Manganese: 0.81mg (40.62%), Vitamin C: 31.57mg (38.26%), Folate: 138.21µg (34.55%), Iron: 5.32mg (29.57%), Fiber: 7.1g (28.38%), Vitamin B2: 0.39mg (22.72%), Potassium: 731.48mg (20.9%), Vitamin B6: 0.4mg (19.95%), Copper: 0.4mg (19.86%), Phosphorus: 193.32mg (19.33%), Vitamin B1: 0.27mg (17.89%), Vitamin E: 2.57mg (17.11%), Magnesium: 65.44mg (16.36%), Calcium: 148.43mg (14.84%), Vitamin D: 1.9µg (12.67%), Vitamin B3: 2.33mg (11.64%), Zinc: 1.57mg (10.47%), Selenium: 5.89µg (8.41%), Vitamin B5: 0.82mg (8.25%), Vitamin B12: 0.13µg (2.12%)