



HEALTH SCORE

55%

Spring Vegetable Ragoût



Vegetarian

READY IN



300 min.

SERVINGS



4

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound asparagus trimmed
- ☐ 1 pound baby carrots trimmed
- ☐ 3 cups chicken broth
- ☐ 4 servings top
- ☐ 0.3 cup wine dry white
- ☐ 1 cup avarakkai / broad beans fresh shelled
- ☐ 1 pound fennel bulb (sometimes called anise)
- ☐ 1 pound potato mixed boiling

- ☐ 0.5 cup flat parsley mixed fresh chopped
- ☐ 1 pound leek
- ☐ 1.5 tablespoons lemon zest freshly grated
- ☐ 0.3 pound morel mushrooms fresh
- ☐ 2 shallots
- ☐ 1 pound turnip trimmed halved
- ☐ 6 tablespoons butter unsalted
- ☐ 2 bell pepper yellow coarsely chopped

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ sieve
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Chop white and pale-green parts of leeks and wash well in a bowl of cold water. Lift leeks from water with a slotted spoon and transfer to a colander to drain. Trim fennel stalks flush with bulb and remove any discolored areas of bulb. Halve bulb lengthwise and cut each half crosswise into 1/2-inch-thick slices, discarding cores. Halve or quarter larger morels lengthwise, leaving smaller ones whole.
- ☐ Cook turnips in a 6-quart heavy pot of salted boiling water until crisp-tender, about 2 minutes.
- ☐ Transfer turnips with slotted spoon to a large bowl of ice water to stop cooking. (Keep water boiling.) Boil carrots until crisp-tender, about 3 minutes, and transfer with slotted spoon to ice water. Boil fava beans until crisp-tender, about 2, minutes, and transfer with slotted spoon to ice water. Gently boil potatoes until almost tender, about 15 minutes, and drain in colander. Rinse under cold running water.

- ☐ Drain blanched vegetables and gently peel outer skins from fava beans. Halve potatoes.
- ☐ Cook shallots, leeks, and salt and pepper to taste in 3 tablespoons butter in pot over moderately low heat, stirring, until softened.
- ☐ Add broth, zest, and 1/4 cup herbs and simmer, covered, 10 minutes.
- ☐ Pour mixture through a fine sieve into a bowl, pressing on solids. Discard solids and reserve broth.
- ☐ Cook morels in remaining 3 tablespoons butter in cleaned pot over moderate heat, stirring, until softened, about 3 minutes.
- ☐ Add wine and simmer until reduced to about 1 tablespoon, about 3 minutes.
- ☐ Add fennel, asparagus, bell peppers, and reserved broth, then simmer, covered, until vegetables are crisp-tender, about 4 minutes. Gently stir in blanched vegetables and simmer until all vegetables are just tender, about 4 minutes.
- ☐ Serve ragout sprinkled with remaining 1/4 cup herbs.
- ☐ ·Vegetables may be blanched 1 day ahead, patted dry, wrapped in paper towels, and kept in resealable plastic bags.·Infused broth may be made 1 day ahead and cooled completely before being covered and chilled.

Nutrition Facts



Properties

Glycemic Index:107.38, Glycemic Load:15.72, Inflammation Score:-10, Nutrition Score:47.419130309768%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg Kaempferol: 4.33mg, Kaempferol: 4.33mg, Kaempferol: 4.33mg, Kaempferol: 4.33mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 13.64mg, Quercetin: 13.64mg, Quercetin: 13.64mg, Quercetin: 13.64mg

Nutrients (% of daily need)

Calories: 532.68kcal (26.63%), Fat: 19.05g (29.31%), Saturated Fat: 11.15g (69.71%), Carbohydrates: 80.54g (26.85%), Net Carbohydrates: 61.4g (22.33%), Sugar: 24.69g (27.44%), Cholesterol: 48.67mg (16.23%), Sodium: 946.26mg (41.14%), Alcohol: 1.54g (100%), Alcohol %: 0.19% (100%), Protein: 15.57g (31.14%), Vitamin A: 19617.92IU (392.36%), Vitamin K: 299.82µg (285.54%), Vitamin C: 191.68mg (232.34%), Manganese: 1.95mg (97.38%), Fiber: 19.13g (76.53%), Folate: 295.63µg (73.91%), Iron: 12.41mg (68.95%), Potassium: 2338.73mg (66.82%), Copper: 1.14mg (57.02%), Vitamin B6: 1.04mg (52.04%), Phosphorus: 422.52mg (42.25%), Magnesium: 153.21mg (38.3%), Vitamin B1: 0.51mg (34.06%), Vitamin B3: 6.46mg (32.3%), Vitamin B2: 0.54mg (31.78%), Calcium: 290.51mg (29.05%), Vitamin E: 3.34mg (22.28%), Zinc: 3.11mg (20.72%), Vitamin B5: 2.07mg (20.67%), Selenium: 9.56µg (13.66%), Vitamin D: 1.76µg (11.74%), Vitamin B12: 0.07µg (1.18%)