



Spring Vegetable Sauté

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



97 kcal

SIDE DISH

Ingredients

- 1 lb asparagus cut into 2-inch pieces
- 10 oz broccoli florets trimmed
- 0.3 teaspoon pepper red crushed
- 2 tablespoons chives fresh chopped
- 2 tablespoons parsley fresh chopped
- 8 ounces green beans trimmed
- 1 tablespoon olive oil
- 0.5 cup peas frozen thawed

- 8 servings salt and pepper
- 2 small shallots cut in half lengthwise and then into 1/8-inch-thick slices
- 8 ounces sugar snap peas
- 2 tablespoons butter unsalted

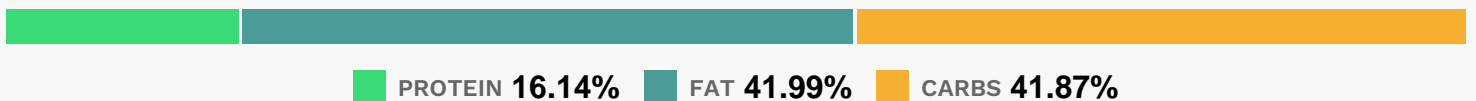
Equipment

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

Directions

- Bring a large pot of salted water to a boil over high heat.
- Place some ice cubes in a large bowl and fill with water; set aside. Cook beans and sugar snap peas in boiling water until bright green and crisp-tender, 4 to 5 minutes.
- Transfer with a slotted spoon to ice bath. Repeat blanching process with broccolini, then asparagus, cooking each for about 3 minutes.
- Drain well; pat dry with paper towels.
- Warm oil in a skillet over medium-high heat.
- Add shallots and crushed red pepper; saut until soft and starting to brown, 2 to 3 minutes.
- Add vegetables and peas to skillet. Toss with shallot mixture until heated through, about 4 minutes.
- Remove from heat. Stir in butter, parsley and chives. Season with salt and pepper, then serve.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:1.96, Inflammation Score:-8, Nutrition Score:16.739565131781%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 3.28mg, Isorhamnetin: 3.28mg, Isorhamnetin: 3.28mg, Isorhamnetin: 3.28mg Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 9.89mg, Quercetin: 9.89mg, Quercetin: 9.89mg, Quercetin: 9.89mg

Nutrients (% of daily need)

Calories: 97.25kcal (4.86%), Fat: 4.97g (7.65%), Saturated Fat: 2.14g (13.37%), Carbohydrates: 11.15g (3.72%), Net Carbohydrates: 6.75g (2.45%), Sugar: 4.76g (5.29%), Cholesterol: 7.53mg (2.51%), Sodium: 212.68mg (9.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Vitamin K: 100.67µg (95.88%), Vitamin C: 61.14mg (74.11%), Vitamin A: 1445.65IU (28.91%), Folate: 83.52µg (20.88%), Manganese: 0.36mg (17.8%), Fiber: 4.4g (17.62%), Iron: 2.66mg (14.77%), Vitamin B1: 0.2mg (13.44%), Vitamin B6: 0.24mg (11.96%), Potassium: 395.89mg (11.31%), Vitamin B2: 0.19mg (11.2%), Vitamin E: 1.52mg (10.16%), Copper: 0.19mg (9.6%), Phosphorus: 94.25mg (9.42%), Magnesium: 34.56mg (8.64%), Vitamin B3: 1.39mg (6.94%), Vitamin B5: 0.67mg (6.73%), Calcium: 60.77mg (6.08%), Zinc: 0.75mg (5.03%), Selenium: 2.85µg (4.08%)