



Spring Vegetable Sauté



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



132 kcal

SIDE DISH

Ingredients

- ☐ 0.5 lb asparagus thin
- ☐ 2 cups avarakkai / broad beans fresh shelled
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 4 bunches spring onion white green trimmed cut into 2 1/2-inch lengths (and pale parts only)
- ☐ 1 lb sugar snap peas trimmed
- ☐ 0.3 cup butter unsalted softened

Equipment

- ☐ frying pan

- ☐ paper towels
- ☐ sauce pan
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ colander
- ☐ skimmer

Directions

- ☐ If using dried morels, soak in warm water to cover 30 minutes. Agitate fresh or dried morels in water to dislodge grit, then lift from water, squeezing out excess, and pat dry with paper towels. Whether using fresh or dried, leave small morels whole and halve or quarter larger ones.
- ☐ Cook beans in a 4-quart saucepan of boiling salted water 3 minutes, then transfer with a slotted spoon or skimmer to a colander and rinse under cold water. Peel skins from beans with your fingers. (Keep water simmering, covered.)
- ☐ Heat 2 tablespoons butter in a 12-inch nonstick skillet over moderately high heat until foam subsides, then sauté morels, stirring, until tender, about 4 minutes. Season with salt and pepper.
- ☐ Remove from heat and let stand, covered.
- ☐ Return water in saucepan to a boil, then cook asparagus, sugar snaps, and scallions until crisp-tender, 1 1/2 to 2 minutes.
- ☐ Add beans and immediately drain well in colander.
- ☐ Add vegetables and remaining 2 tablespoons butter to morels and toss to combine. Stir in mint and salt and pepper to taste and serve immediately.
- ☐ • Dried morels can be soaked and patted dry 1 day ahead and chilled, covered. • Fava beans can be cooked and peeled 1 day ahead and chilled, covered. • Be aware that fava beans can cause a potentially fatal reaction in some people of Mediterranean, African, and Pacific Rim descent. • Asparagus, sugar snaps, and scallions can be trimmed and cut 1 day ahead and chilled in sealed plastic bags lined with dampened paper towels.

Nutrition Facts



 PROTEIN **16.81%**  FAT **40.04%**  CARBS **43.15%**

Properties

Glycemic Index:15.25, Glycemic Load:3.86, Inflammation Score:-8, Nutrition Score:12.921739117607%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg

Nutrients (% of daily need)

Calories: 131.81kcal (6.59%), Fat: 6.11g (9.39%), Saturated Fat: 3.71g (23.2%), Carbohydrates: 14.8g (4.93%), Net Carbohydrates: 10.03g (3.65%), Sugar: 3.86g (4.29%), Cholesterol: 15.25mg (5.08%), Sodium: 8.05mg (0.35%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.77g (11.54%), Vitamin K: 52.54µg (50.04%), Vitamin C: 38.39mg (46.53%), Vitamin A: 1187.03IU (23.74%), Folate: 92.07µg (23.02%), Manganese: 0.4mg (19.81%), Fiber: 4.78g (19.11%), Iron: 2.67mg (14.81%), Vitamin B1: 0.17mg (11.65%), Copper: 0.22mg (11.18%), Phosphorus: 104.97mg (10.5%), Magnesium: 39.39mg (9.85%), Potassium: 326.5mg (9.33%), Vitamin B2: 0.14mg (8.15%), Vitamin B6: 0.16mg (7.81%), Calcium: 59.86mg (5.99%), Vitamin B5: 0.59mg (5.91%), Zinc: 0.8mg (5.35%), Vitamin E: 0.78mg (5.2%), Vitamin B3: 1.01mg (5.03%), Selenium: 2.3µg (3.28%)