



Spring Vegetable Sauté



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus (1 large bunch)
- ☐ 2 pounds artichoke hearts
- ☐ 6 servings pepper black freshly ground
- ☐ 1 cup avarakkai / broad beans shelled thawed
- ☐ 2 tablespoons mint leaves fresh thinly sliced
- ☐ 6 servings kosher salt
- ☐ 1 lemon zest plus more juice for seasoning
- ☐ 2 tablespoons olive oil extra virgin extra-virgin plus more for drizzling

- ☐ 1 medium onion red finely chopped
- ☐ 1 tablespoon butter unsalted

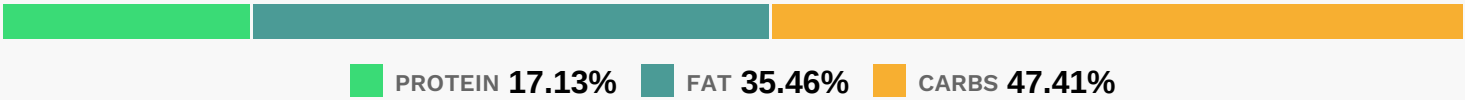
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ pot
- ☐ kitchen towels
- ☐ slotted spoon

Directions

- ☐ Line a baking sheet with a kitchen towel. Fill a medium bowl with water; add lemon juice. If using baby artichokes, working one at a time, cut away tough outer leaves until only pale-yellow leaves remain.
- ☐ Cut 1/2" off tops; trim stems. Halve artichokes lengthwise, if desired, then remove choke with a spoon.
- ☐ Place in lemon water as you finish. If using globe artichokes, remove stems and all leaves. Scrape out chokes with a spoon; cut each artichoke heart into 4 quarters and add to lemon water.
- ☐ Cook fava beans in a large pot of boiling salted water until just tender, about 2 minutes. Using a slotted spoon, transfer to a bowl of ice water; let cool. Peel and discard outer skins; transfer to prepared baking sheet (if using edamame, boil for only 1 minute; no peeling needed). Repeat cooking process with asparagus and artichokes, returning water to a boil between batches and cooling in ice water before transferring to prepared baking sheet, 3–4 minutes for asparagus and 5–6 minutes for artichokes (1–2 minutes if frozen).
- ☐ Heat 2 tablespoons oil and butter in a large skillet over medium heat; add onion and sauté until translucent, about 5 minutes. Increase heat to medium-high.
- ☐ Add vegetables and cook, stirring occasionally, just until heated through, about 5 minutes. Season to taste with salt, pepper, and more lemon juice, if desired.
- ☐ Transfer vegetables to a serving bowl.
- ☐ Drizzle with oil; garnish with mint and zest.

Nutrition Facts



Properties

Glycemic Index:24.83, Glycemic Load:3.16, Inflammation Score:-8, Nutrition Score:16.916521810643%

Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 14.29mg, Quercetin: 14.29mg, Quercetin: 14.29mg, Quercetin: 14.29mg

Nutrients (% of daily need)

Calories: 170.95kcal (8.55%), Fat: 7.45g (11.47%), Saturated Fat: 2.05g (12.84%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 12.83g (4.67%), Sugar: 2.76g (3.06%), Cholesterol: 5.02mg (1.67%), Sodium: 269.46mg (11.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.1g (16.2%), Folate: 264.89µg (66.22%), Fiber: 9.59g (38.36%), Vitamin K: 35.48µg (33.79%), Manganese: 0.66mg (33.14%), Vitamin B2: 0.35mg (20.86%), Vitamin C: 15.51mg (18.8%), Vitamin A: 939.14IU (18.78%), Potassium: 643.44mg (18.38%), Phosphorus: 169.79mg (16.98%), Magnesium: 67.13mg (16.78%), Iron: 2.97mg (16.49%), Copper: 0.31mg (15.67%), Vitamin B1: 0.23mg (15.59%), Vitamin B6: 0.24mg (11.97%), Vitamin B3: 2.3mg (11.48%), Vitamin E: 1.59mg (10.62%), Zinc: 1.23mg (8.23%), Calcium: 67.85mg (6.78%), Vitamin B5: 0.57mg (5.71%), Selenium: 2.91µg (4.15%)