



Spring Vegetable Skillet

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



62 kcal

SIDE DISH

Ingredients

- 16 baby carrots with tops (10 ounces)
- 0.3 teaspoon pepper black freshly ground
- 1.5 tablespoons butter
- 1 tablespoon tarragon fresh chopped
- 0.8 teaspoon kosher salt divided
- 1 teaspoon juice of lemon fresh
- 1 teaspoon lemon rind grated
- 12 ounces sugar snap peas trimmed

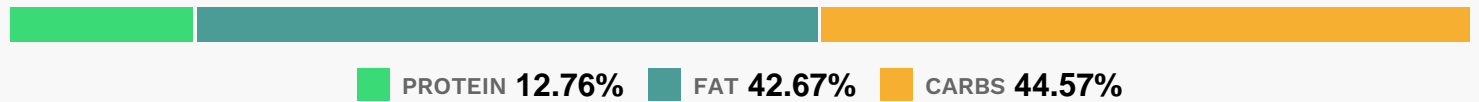
Equipment

- frying pan
- sauce pan

Directions

- Peel carrots, and cut off tops to within 1 inch of carrot; cut in half lengthwise.
- Place 1/4 teaspoon salt in a large saucepan of water; bring to a boil.
- Add carrots and peas; cook 3 minutes or until crisp-tender.
- Drain.
- Melt butter in a large nonstick skillet over medium-high heat.
- Add vegetables, and cook 1 minute, stirring to coat. Stir in remaining 1/2 teaspoon salt, tarragon, and pepper; cook 1 minute.
- Remove from heat; stir in rind and juice.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:0.36, Inflammation Score:-10, Nutrition Score:10.726087061283%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 62.23kcal (3.11%), Fat: 3.08g (4.73%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 7.23g (2.41%), Net Carbohydrates: 4.84g (1.76%), Sugar: 3.57g (3.97%), Cholesterol: 7.53mg (2.51%), Sodium: 337.03mg (14.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin A: 4430.79IU (88.62%), Vitamin C: 36.05mg (43.7%), Vitamin K: 17.06µg (16.25%), Manganese: 0.28mg (14.15%), Iron: 1.81mg (10.05%), Fiber: 2.39g (9.57%), Folate: 34.54µg (8.63%), Vitamin B6: 0.15mg (7.41%), Vitamin B1: 0.1mg (6.44%), Potassium: 215.23mg (6.15%), Vitamin B5: 0.54mg (5.39%), Magnesium: 20.64mg (5.16%), Calcium: 48.09mg (4.81%), Vitamin B2: 0.07mg (4.25%), Phosphorus: 42.25mg (4.22%), Copper: 0.08mg (4.06%), Vitamin B3: 0.6mg (2.99%), Vitamin E: 0.31mg

(2.04%), Zinc: 0.25mg (1.67%), Selenium: 0.73µg (1.04%)