



Spring Vegetables with Lemon and Tarragon

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



20

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 oz artichoke hearts rinsed drained quartered canned
- ☐ 0.5 pound asparagus trimmed cut into 2-inch pieces
- ☐ 0.5 pound carrots halved lengthwise cut into 2-inch pieces
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 1 cup baby lima beans frozen thawed
- ☐ 0.5 pound green beans trimmed cut into 2-inch pieces
- ☐ 2 tablespoons juice of lemon (from 1 large lemon)
- ☐ 1 cup pearl onions frozen thawed

- ☐ 1 cup peas frozen thawed
- ☐ 20 servings salt and pepper
- ☐ 1 cup sugar snap peas trimmed
- ☐ 4 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Line a large, rimmed baking sheet with paper towels. Put carrots in a large saucepan, cover with water and stir in 1 tsp. salt. Bring to a boil over high heat. Reduce heat to medium-low and simmer uncovered until carrots are just tender, 6 to 7 minutes. Fill a large bowl with ice water. Using a slotted spoon, remove carrots to bowl.
- ☐ Add onions to pan and simmer for 4 minutes. Adjust the heat as necessary to maintain a simmer.
- ☐ Transfer cooled carrots from ice water to prepared baking sheet.
- ☐ Remove cooked onions to ice water; add ice to bowl as necessary. Continue to cook vegetables as follows, transferring cooked vegetables to ice water and draining on paper towels when cold: asparagus, 2 to 4 minutes; green beans, 4 to 5 minutes; sugar snap peas and baby lima beans, 2 minutes. (Vegetables can be cooked up to 5 hours ahead; cover and refrigerate. Bring to room temperature before continuing with recipe.)
- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add vegetables, including peas and artichoke hearts. Stir gently until heated through, about 5 minutes. Stir in tarragon and lemon juice and season with salt and pepper.
- ☐ Serve hot.

Nutrition Facts



 **PROTEIN 13.77%**  **FAT 35.11%**  **CARBS 51.12%**

Properties

Glycemic Index:13.31, Glycemic Load:1.38, Inflammation Score:-9, Nutrition Score:6.5878261735906%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

Nutrients (% of daily need)

Calories: 60.97kcal (3.05%), Fat: 2.48g (3.81%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 8.12g (2.71%), Net Carbohydrates: 5.66g (2.06%), Sugar: 2.42g (2.69%), Cholesterol: 6.02mg (2.01%), Sodium: 281.85mg (12.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.37%), Vitamin A: 2282.32IU (45.65%), Vitamin K: 14.36µg (13.67%), Vitamin C: 11.01mg (13.35%), Manganese: 0.23mg (11.48%), Fiber: 2.46g (9.83%), Folate: 25.41µg (6.35%), Iron: 1.04mg (5.76%), Potassium: 188.34mg (5.38%), Vitamin B6: 0.11mg (5.35%), Vitamin B1: 0.08mg (5.11%), Magnesium: 17.21mg (4.3%), Vitamin B2: 0.07mg (3.98%), Phosphorus: 39.54mg (3.95%), Copper: 0.07mg (3.58%), Vitamin B3: 0.65mg (3.25%), Calcium: 29.02mg (2.9%), Vitamin E: 0.35mg (2.32%), Zinc: 0.32mg (2.14%), Vitamin B5: 0.17mg (1.67%), Selenium: 0.8µg (1.14%)