



Tarragon Carrots and Peas

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



40 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons butter
- ☐ 1 cup carrots
- ☐ 1 teaspoon apple cider vinegar
- ☐ 1.5 teaspoons dijon mustard
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar snap peas
- ☐ 1 teaspoon tarragon chopped
- ☐ 0.3 cup water

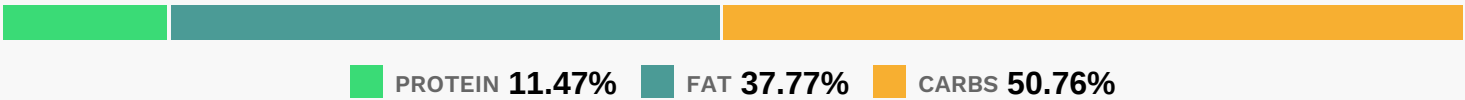
Equipment

☐ sauce pan

Directions

- ☐ Place sugar snap peas and water in a saucepan. Bring to a boil; cover and cook for 2 minutes.
- ☐ Add carrot and butter; cover and cook 2 minutes. Stir in tarragon, Dijon mustard, cider vinegar, and salt.

Nutrition Facts



Properties

Glycemic Index:59.71, Glycemic Load:1.18, Inflammation Score:-10, Nutrition Score:8.3339130588524%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 39.74kcal (1.99%), Fat: 1.75g (2.69%), Saturated Fat: 1g (6.24%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 3.63g (1.32%), Sugar: 2.53g (2.81%), Cholesterol: 4.03mg (1.34%), Sodium: 129.77mg (5.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.39%), Vitamin A: 5681.42IU (113.63%), Vitamin C: 16.85mg (20.42%), Vitamin K: 10.51µg (10.01%), Manganese: 0.16mg (7.82%), Fiber: 1.65g (6.6%), Potassium: 170.69mg (4.88%), Vitamin B6: 0.1mg (4.84%), Folate: 17.93µg (4.48%), Iron: 0.8mg (4.45%), Vitamin B1: 0.06mg (4.18%), Magnesium: 12.65mg (3.16%), Calcium: 29.15mg (2.91%), Phosphorus: 28.33mg (2.83%), Vitamin B5: 0.28mg (2.79%), Vitamin B2: 0.05mg (2.75%), Vitamin B3: 0.52mg (2.59%), Vitamin E: 0.36mg (2.38%), Copper: 0.04mg (2.09%), Selenium: 0.88µg (1.26%), Zinc: 0.18mg (1.19%)