

Vegetable Bundles

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 asparagus
- 1 cup chicken stock see
- 1 clove garlic chopped
- 4 servings kosher salt and pepper black freshly ground
- 1 lemon zest juiced
- 4 long sprigs oregano fresh
- 8 string beans
- 4 long sprigs thyme fresh

- 2 tablespoons butter unsalted
- 1 cup white wine
- 1 medium baby squash yellow cut into quarters lengthwise
- 1 medium zucchini cut into ribbons

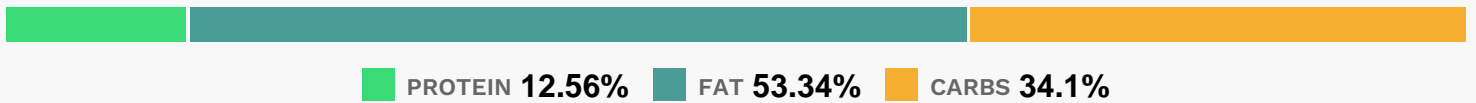
Equipment

- frying pan
- sauce pan

Directions

- In a medium saucepan over medium heat, melt the butter.
- Add the thyme and oregano sprigs, along with the garlic, wine, chicken stock, and lemon juice and zest. Allow to boil down, about 5 minutes.
- While the broth is cooking, layer 2 zucchini ribbons vertically.
- Add 2 string beans, 1 squash quarter and 1 asparagus horizontally.
- Roll the zucchini ribbon up to create a bundle. Do this for the remaining ingredients.
- Add each bundle gently to the pan with the broth.
- Sprinkle with salt and pepper. Cook for 3 to 4 minutes, spooning the broth over each bundle.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:1.19, Inflammation Score:-9, Nutrition Score:9.3391303452461%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol:

0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 149.5kcal (7.48%), Fat: 6.76g (10.4%), Saturated Fat: 3.89g (24.29%), Carbohydrates: 9.72g (3.24%), Net Carbohydrates: 7.29g (2.65%), Sugar: 4.6g (5.11%), Cholesterol: 16.85mg (5.62%), Sodium: 96.03mg (4.18%), Alcohol: 6.18g (100%), Alcohol %: 3.06% (100%), Protein: 3.58g (7.16%), Vitamin C: 23.25mg (28.18%), Vitamin K: 22.21µg (21.15%), Manganese: 0.38mg (19.22%), Vitamin B6: 0.31mg (15.48%), Vitamin B2: 0.22mg (13.19%), Vitamin A: 635.47IU (12.71%), Potassium: 444.51mg (12.7%), Folate: 44.78µg (11.2%), Fiber: 2.43g (9.71%), Iron: 1.67mg (9.3%), Vitamin B3: 1.79mg (8.95%), Magnesium: 35.56mg (8.89%), Phosphorus: 82.45mg (8.24%), Vitamin B1: 0.11mg (7.11%), Copper: 0.14mg (7.08%), Calcium: 55.81mg (5.58%), Vitamin E: 0.71mg (4.75%), Zinc: 0.63mg (4.22%), Selenium: 2.25µg (3.21%), Vitamin B5: 0.3mg (3.03%)