



Vegetables à la Barigoule with Vanilla



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce asparagus trimmed
- ☐ 1 bay leaf
- ☐ 6 servings pepper black freshly ground
- ☐ 5 peppercorns whole black
- ☐ 2 small heads broccoli cut into 2" florets
- ☐ 4 carrots peeled halved lengthwise
- ☐ 10 coriander seeds
- ☐ 1 fennel bulb with some core attached trimmed cut into 8 wedges

- ☐ 6 servings cilantro leaves fresh
- ☐ 4 garlic cloves crushed
- ☐ 6 servings kosher salt
- ☐ 1 optional: lemon
- ☐ 2 cups low-salt chicken broth
- ☐ 3 tablespoons olive oil divided
- ☐ 1 teaspoon sherry vinegar ()
- ☐ 4 sprigs thyme leaves
- ☐ 1 vanilla pod split
- ☐ 2 medium onions white with some root attached cut into 6 wedges

Equipment

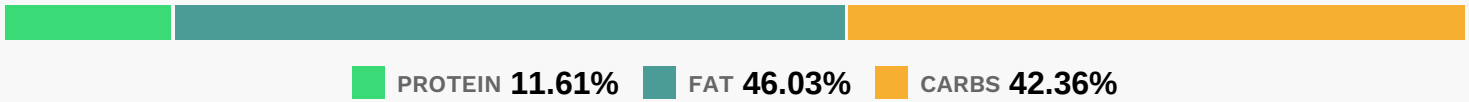
- ☐ baking sheet
- ☐ knife
- ☐ pot
- ☐ kitchen towels
- ☐ slotted spoon

Directions

- ☐ Using a small sharp knife, cut all peel and white pith from lemon; discard.
- ☐ Cut flesh crosswise into 1/4"-thick slices; set aside.
- ☐ Line a large rimmed baking sheet with a kitchen towel. Cook broccoli in a large pot of boiling salted water for 1 minute. Using a slotted spoon, transfer to prepared sheet. Repeat in same pot with carrots, onions, asparagus, and fennel, returning water to a boil between batches.
- ☐ Place chicken broth in a small saucepan over low heat and scrape in seeds from vanilla bean; add bean. Bring to a simmer.
- ☐ Remove from heat; let infuse for 10 minutes.
- ☐ Heat 1 tablespoon oil in a large pot over medium heat.
- ☐ Add carrots, onions, fennel, and garlic; cook for 1 minute.

- ☐ Add coriander,next 3 ingredients, and infused broth withbean. Cover with lid slightly ajar; simmeruntil vegetables are crisp–tender, 12–15minutes. Stir in broccoli and asparagus.
- ☐ Using a slotted spoon, transfervegetables to a warm serving dish. Bringbroth to a boil and cook until reducedto 1 cup.
- ☐ Remove broth from heat; whiskin remaining 2 tablespoons oil and 1 teaspoon vinegar.Season with salt, pepper, and additionalvinegar, if desired.
- ☐ Pour sauce overvegetables.
- ☐ Garnish with lemon slices andcilantro.
- ☐ Per serving: 139 calories, 8 g fat, 16 g carbohydrates
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:63.22, Glycemic Load:3.65, Inflammation Score:-10, Nutrition Score:16.671739163606%

Flavonoids

Eriodictyol: 4.27mg, Eriodictyol: 4.27mg, Eriodictyol: 4.27mg, Eriodictyol: 4.27mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 5.07mg, Isorhamnetin: 5.07mg, Isorhamnetin: 5.07mg, Isorhamnetin: 5.07mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 145.84kcal (7.29%), Fat: 8.26g (12.7%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 17.1g (5.7%), Net Carbohydrates: 11.54g (4.19%), Sugar: 6.66g (7.4%), Cholesterol: 0mg (0%), Sodium: 270.08mg (11.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.37%), Vitamin A: 7322.08IU (146.44%), Vitamin K: 58.79µg (55.99%), Vitamin C: 24.89mg (30.16%), Fiber: 5.56g (22.25%), Manganese: 0.38mg (18.91%), Potassium: 589.88mg (16.85%), Vitamin E: 2.19mg (14.57%), Folate: 57.38µg (14.35%), Iron: 2.47mg (13.7%), Copper: 0.24mg (12.07%), Vitamin B3: 2.41mg (12.05%), Phosphorus: 111.56mg (11.16%), Vitamin B6: 0.22mg (11.05%), Vitamin B2: 0.16mg (9.66%), Vitamin B1: 0.14mg (9.65%), Magnesium: 32.88mg (8.22%), Calcium: 81.95mg (8.19%), Zinc: 0.75mg (5.02%), Vitamin B5: 0.46mg (4.56%), Selenium: 2.61µg (3.73%), Vitamin B12: 0.08µg (1.31%)