

Braised Radishes

Prep time: 5 min

Makes: 4 servings

Ingredients:

4 cups radishes, quartered
2 cup low sodium chicken stock
1 tablespoon butter
2 garlic cloves, chopped
1 onion, chopped



Directions:

1 pot, melt butter, then add onion and cook 2 minute. Add garlic, cook another 2-4 minute, until onion is translucent. Add chicken stock and radishes, simmer on medium-high heat until liquid is gone and radishes are tender.

Nutrient Information:

Amount: 1 serving

Calories

91

Total Fat

59g

Saturated Fat

35g

Cholesterol

15 mg

Sodium

52 mg

Total Carbohydrate

6 g

Dietary Fiber

1 g

Total Sugars

2 g

Added Sugars included

0 g

Protein

3 g

Vitamin D

0 mg

Calcium

27 mg

Iron

0 mg

Potassium

241 mg