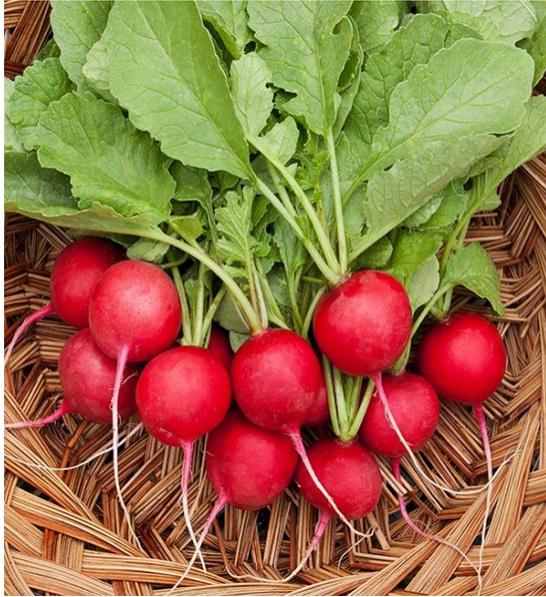


Radishes



About Radishes

- Radishes are a member of the mustard or cabbage family.
- The root is a relative to kale, broccoli, cauliflower, and horseradish.
- Radishes are a great low calories snack, with only 19 calories in a cup.
- Radishes are also known to help with digestion and prevent viral infections.

Selecting and Storing

- Radishes do not freeze well. If you want to extend the shelf life, put the radish, in a plastic bag, in the fridge.

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Sautéed Radishes with Spinach

Makes: 4 servings (1/2 cup)

Ingredients

2 bunches of radishes, trimmed and halved
1 slice red onion
1 tablespoon olive oil
2 cups baby spinach
1/2 lemon, juiced
Pinch of salt and pepper

Instructions

1. Sauté radishes and red onion in olive oil over medium heat, stirring until tender, about 8 minutes.
2. Season with salt and pepper
3. Stir in 5 ounces of baby spinach, the juice of 1/2 lemon and a pinch of salt and pepper.
4. Cook until wilted, about 1 minute.

Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/sauteed-radishes-with-spinach-3362260>

Nutrition Facts

servings per container	
Serving size	(113g)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 1mg	6%
Potassium 169mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Analyzed using EHSA Food Processor; version 11.4

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