



Braised lettuce with peas



Vegetarian



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small knob butter
- ☐ 1 small onion finely chopped
- ☐ 4 little gem lettuces
- ☐ 200 ml chicken stock see fresh
- ☐ 4 tbsp crème fraîche
- ☐ 500 g peas frozen

Equipment

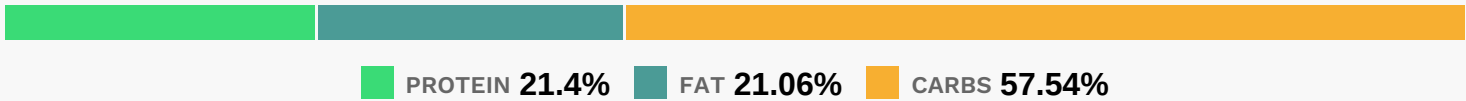
- ☐ bowl

- ☐ frying pan
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Melt the butter in a large saut pan with a lid. Fry the onion gently for about 5 mins, until softened. Meanwhile, pull any damaged or coarse outer leaves from the lettuces and trim the bases.
- ☐ Cut the lettuces in half lengthways, through the base.
- ☐ Place the lettuce cut-side up on top of the onions and cook for half a minute, then turn over and cook for another 30 secs.
- ☐ Pour over the stock and lightly season.
- ☐ Put the lid on the pan, reduce the heat to the minimum and cook for 10 mins.
- ☐ With a slotted spoon, lift the lettuces out and put into a sieve over a bowl. Raise the heat under the pan and boil the juices until reduced by half.
- ☐ Add the cream or crme frache and petits pois and boil for 1 min until heated through. Arrange lettuces in a serving dish and pour over the pea-and-cream sauce.

Nutrition Facts



Properties

Glycemic Index:38.33, Glycemic Load:13.34, Inflammation Score:-10, Nutrition Score:52.248695801134%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 369.19kcal (18.46%), Fat: 9.75g (15%), Saturated Fat: 4.67g (29.17%), Carbohydrates: 59.94g (19.98%), Net Carbohydrates: 40.05g (14.56%), Sugar: 33.97g (37.74%), Cholesterol: 19.89mg (6.63%), Sodium: 139.62mg

(6.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.29g (44.58%), Vitamin C: 244.11mg (295.9%), Vitamin B6: 2.74mg (136.91%), Manganese: 2.52mg (125.96%), Vitamin B2: 1.84mg (108.45%), Folate: 416.56µg (104.14%), Potassium: 3368.53mg (96.24%), Fiber: 19.89g (79.54%), Vitamin A: 3430.08IU (68.6%), Vitamin K: 65.71µg (62.58%), Vitamin B1: 0.9mg (60.32%), Magnesium: 238.94mg (59.74%), Phosphorus: 594.69mg (59.47%), Vitamin B3: 8.97mg (44.83%), Copper: 0.83mg (41.71%), Zinc: 4.98mg (33.21%), Iron: 5.96mg (33.09%), Calcium: 220.13mg (22.01%), Vitamin B5: 1.95mg (19.54%), Vitamin E: 1.71mg (11.39%), Selenium: 6.22µg (8.88%)