



Braised Peas With Dill



Vegetarian



Gluten Free

READY IN



19 min.

SERVINGS



6

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce baby peas green frozen
- ☐ 1 cup chicken broth fat-free reduced-sodium
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 1 cup green onions finely chopped (4 large)
- ☐ 1 tablespoon butter light

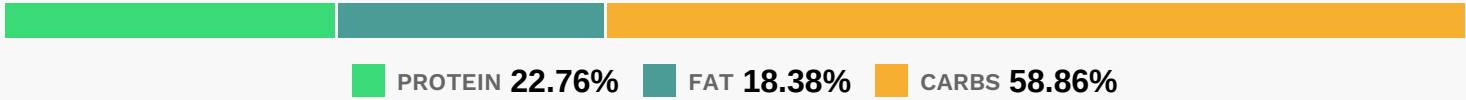
Equipment

- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Melt butter in a medium saucepan over medium heat; add green onions. Cook 1 minute.
- ☐ Add peas and broth; bring to a boil. Cover, reduce heat, and simmer 5 minutes. Stir in dill, and simmer 5 additional minutes or until peas are tender.
- ☐ Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:15.22, Glycemic Load:3.19, Inflammation Score:-7, Nutrition Score:11.586956528218%

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: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 80.85kcal (4.04%), Fat: 1.71g (2.64%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 7.55g (2.74%), Sugar: 4.73g (5.26%), Cholesterol: 2.47mg (0.82%), Sodium: 163.62mg (7.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.55%), Vitamin K: 53.36µg (50.82%), Vitamin C: 35.59mg (43.14%), Vitamin A: 985.64IU (19.71%), Fiber: 4.8g (19.19%), Manganese: 0.37mg (18.69%), Folate: 64.12µg (16.03%), Vitamin B1: 0.21mg (14.31%), Vitamin B3: 1.92mg (9.6%), Phosphorus: 94.49mg (9.45%), Iron: 1.61mg (8.94%), Copper: 0.16mg (7.89%), Vitamin B2: 0.13mg (7.67%), Magnesium: 30.21mg (7.55%), Potassium: 262.74mg (7.51%), Vitamin B6: 0.15mg (7.41%), Zinc: 1.04mg (6.93%), Calcium: 38.96mg (3.9%), Selenium: 2.32µg (3.31%), Vitamin E: 0.23mg (1.51%), Vitamin B5: 0.15mg (1.47%), Vitamin B12: 0.08µg (1.31%)