



Braised Peas with Green Onions

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



92 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon butter
- 8 green onions
- 2 cups peas fresh green thawed
- 0.1 teaspoon salt
- 0.3 cup water
- 1 teaspoon or dried fresh chopped

Equipment

frying pan

Directions

Remove green tops from green onions; reserve for another use.

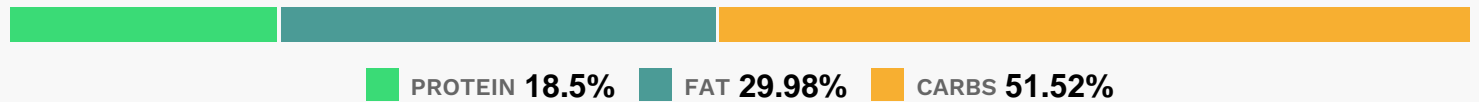
Cut white portion of each onion into 1/2-inch pieces.

Melt butter in a medium skillet over medium heat.

Add the onion pieces and pepper; cover and cook 3 minutes. Stir in peas and water; bring to a boil. Cover and cook 5 minutes or until peas are tender. Uncover and cook 2 minutes or until liquid evaporates.

Remove from heat; stir in marjoram and salt.

Nutrition Facts



Properties

Glycemic Index:39.58, Glycemic Load:3.18, Inflammation Score:-7, Nutrition Score:11.572174014281%

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 Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 91.88kcal (4.59%), Fat: 3.18g (4.89%), Saturated Fat: 1.86g (11.63%), Carbohydrates: 12.3g (4.1%), Net Carbohydrates: 7.5g (2.73%), Sugar: 4.67g (5.19%), Cholesterol: 7.53mg (2.51%), Sodium: 103.42mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.83%), Vitamin K: 68.26µg (65.01%), Vitamin C: 33.52mg (40.64%), Fiber: 4.8g (19.19%), Vitamin A: 884.07IU (17.68%), Manganese: 0.35mg (17.66%), Folate: 62.68µg (15.67%), Vitamin B1: 0.21mg (13.76%), Phosphorus: 88.29mg (8.83%), Vitamin B3: 1.65mg (8.23%), Iron: 1.46mg (8.08%), Copper: 0.15mg (7.59%), Magnesium: 29.25mg (7.31%), Potassium: 246.04mg (7.03%), Vitamin B6: 0.14mg (6.9%), Vitamin B2: 0.12mg (6.85%), Zinc: 1mg (6.67%), Calcium: 37.78mg (3.78%), Selenium: 1.49µg (2.13%), Vitamin E: 0.31mg (2.06%)