



Butter-braised peas, lettuce & mint

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 150 ml vegetable stock
- ☐ 25 g butter salted
- ☐ 140 g peas fresh podded (75og 1lb 10 oz weight)
- ☐ 1 tbsp capers rinsed
- ☐ 1 medium baby lettuce halved
- ☐ 0.5 lettuce shredded
- ☐ 10 large mint leaves shredded finely
- ☐ 1 small handful pea shoots

☐ 1 slices buttered toast

Equipment

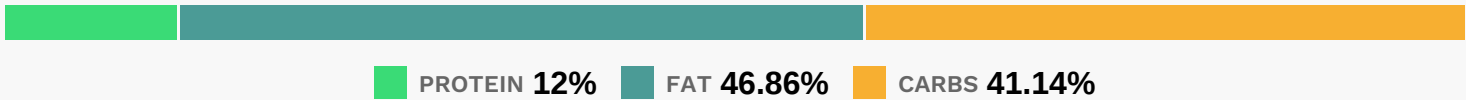
☐ frying pan

☐ whisk

Directions

- ☐ In a large frying pan, bring the stock to a simmer.
- ☐ Whisk in the butter, then add the peas and capers and cook for 1 min.
- ☐ Add the Gem leaves, iceberg and mint, then cook gently until just wilted. Season with salt and black pepper, remove from the heat, garnish with the pea shoots and serve with bread or toast.

Nutrition Facts



Properties

Glycemic Index:42.83, Glycemic Load:1.95, Inflammation Score:-7, Nutrition Score:7.5652172960665%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 102.9kcal (5.14%), Fat: 5.57g (8.56%), Saturated Fat: 3.29g (20.58%), Carbohydrates: 11g (3.67%), Net Carbohydrates: 7.79g (2.83%), Sugar: 3.9g (4.34%), Cholesterol: 13.49mg (4.5%), Sodium: 290.66mg (12.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.41%), Vitamin K: 26.39µg (25.13%), Vitamin C: 16.97mg (20.57%), Vitamin A: 970.2IU (19.4%), Manganese: 0.28mg (14.13%), Folate: 51.64µg (12.91%), Fiber: 3.22g (12.87%), Vitamin B1: 0.15mg (9.76%), Iron: 1.14mg (6.33%), Phosphorus: 60.55mg (6.06%), Potassium: 204.67mg (5.85%), Vitamin B2: 0.09mg (5.5%), Vitamin B3: 1.09mg (5.45%), Magnesium: 20.56mg (5.14%), Copper: 0.1mg (5.12%), Vitamin B6: 0.09mg (4.75%), Zinc: 0.61mg (4.09%), Calcium: 35.95mg (3.59%), Selenium: 2.49µg (3.56%), Vitamin E: 0.34mg (2.3%), Vitamin B5: 0.13mg (1.29%)