



Buttered Peas and Pearl Onions

 Vegetarian  Gluten Free

READY IN



32 min.

SERVINGS



6

CALORIES



156 kcal

SIDE DISH

Ingredients

- 1 cup chicken broth
- 3 teaspoons optional: dill fresh chopped
- 0.5 juice of lemon juiced
- 6 servings kosher salt and pepper black freshly ground
- 1.5 pounds pearl onions
- 2 cups peas fresh sweet shelled
- 0.3 cup butter unsalted ()
- 1 small bunch watercress washed and trimmed

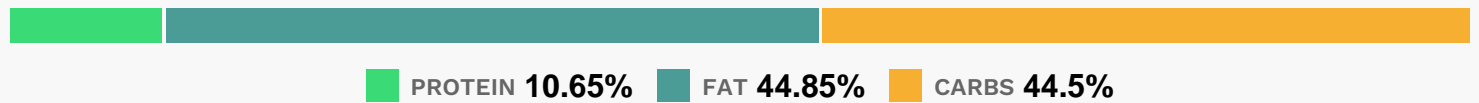
Equipment

- sauce pan
- pot

Directions

- Watch how to make this recipe.
- Bring a large pot of salted water to a boil. Toss in the pearl onions and blanch for 3 minutes.
- Drain them out and then shock them in ice water to stop from over cooking.
- Drain again. Pinch the pearl onions out of their little skins and set aside.
- In a 3-quart saucepan over medium heat, combine the chicken broth, 2 tablespoons of the butter, and 2 teaspoons of the dill. Once the liquid gets hot, add the pearl onions and peas. Cook and stir for 5 minutes until well coated and thickened slightly.
- Add the lemon juice, watercress, remaining butter, and dill; season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:25.06, Glycemic Load:4.23, Inflammation Score:-8, Nutrition Score:9.606521786555%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.7mg, Isorhamnetin: 5.7mg, Isorhamnetin: 5.7mg, Isorhamnetin: 5.7mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 24.31mg, Quercetin: 24.31mg, Quercetin: 24.31mg, Quercetin: 24.31mg

Nutrients (% of daily need)

Calories: 155.96kcal (7.8%), Fat: 8.07g (12.42%), Saturated Fat: 4.95g (30.93%), Carbohydrates: 18.02g (6.01%), Net Carbohydrates: 13.29g (4.83%), Sugar: 7.79g (8.66%), Cholesterol: 21.12mg (7.04%), Sodium: 155.09mg (6.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.63%), Vitamin C: 30.53mg (37%), Vitamin K: 23.68µg

(22.55%), Manganese: 0.39mg (19.33%), Fiber: 4.74g (18.95%), Vitamin A: 746.68IU (14.93%), Folate: 54.21µg (13.55%), Vitamin B1: 0.19mg (12.93%), Vitamin B6: 0.22mg (11.25%), Phosphorus: 91.81mg (9.18%), Potassium: 310.84mg (8.88%), Vitamin B2: 0.13mg (7.44%), Magnesium: 29.09mg (7.27%), Copper: 0.14mg (7.08%), Vitamin B3: 1.24mg (6.22%), Zinc: 0.84mg (5.57%), Iron: 1mg (5.56%), Calcium: 47.7mg (4.77%), Selenium: 1.73µg (2.48%), Vitamin E: 0.37mg (2.45%), Vitamin B5: 0.22mg (2.21%)