



Buttered Peas with Onion

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



109 kcal

SIDE DISH

Ingredients

- 1 medium onion chopped
- 3.5 cups peas frozen
- 2 tablespoons butter unsalted
- 0.7 cup water

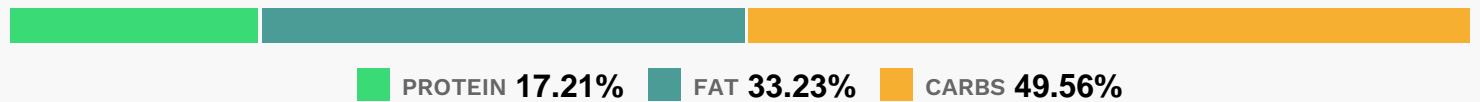
Equipment

- sauce pan

Directions

- Bring water, onion, and 1/2 teaspoon salt to a boil in a heavy medium saucepan, then cook over medium heat, covered, stirring occasionally, until onion is tender, about 5 minutes.
- Increase heat to medium-high and stir in butter and peas, then cook, covered, stirring occasionally, until peas are tender, about 8 minutes. Season with salt.
- Haggipavlu Nemea '04

Nutrition Facts



Properties

Glycemic Index:11.89, Glycemic Load:3.64, Inflammation Score:-7, Nutrition Score:9.8482609922471%

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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 109.31kcal (5.47%), Fat: 4.14g (6.37%), Saturated Fat: 2.46g (15.41%), Carbohydrates: 13.9g (4.63%), Net Carbohydrates: 8.76g (3.19%), Sugar: 5.58g (6.2%), Cholesterol: 10.03mg (3.34%), Sodium: 6.79mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.65%), Vitamin C: 35.19mg (42.65%), Fiber: 5.13g (20.53%), Vitamin K: 21.38µg (20.36%), Manganese: 0.37mg (18.53%), Vitamin B1: 0.23mg (15.58%), Vitamin A: 764.05IU (15.28%), Folate: 58.6µg (14.65%), Phosphorus: 97.79mg (9.78%), Vitamin B3: 1.79mg (8.96%), Vitamin B6: 0.17mg (8.25%), Copper: 0.16mg (8.05%), Magnesium: 30.1mg (7.53%), Zinc: 1.09mg (7.25%), Iron: 1.28mg (7.13%), Vitamin B2: 0.12mg (6.95%), Potassium: 234.27mg (6.69%), Calcium: 27.27mg (2.73%), Selenium: 1.66µg (2.37%), Vitamin E: 0.22mg (1.48%), Vitamin B5: 0.12mg (1.16%)