



## Cook the Book: Fresh Peas with Lettuce and Green Garlic

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



147 kcal

SIDE DISH

### Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 small heads boston lettuce washed and torn into pieces
- ☐ 5 small stalks garlic green trimmed very thin sliced into rounds
- ☐ 1.5 cups peas fresh green shelled
- ☐ 4 servings kosher salt
- ☐ 4 tablespoons butter unsalted at room temperature ()

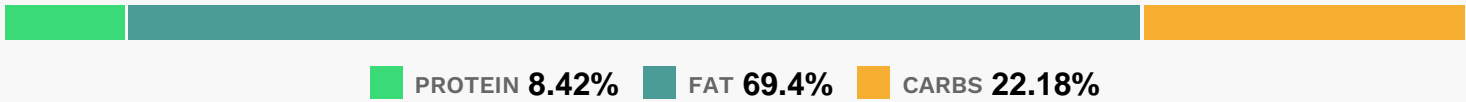
### Equipment

☐ frying pan

## Directions

- ☐ Melt 2 tablespoons of the butter in a medium sauté pan over low heat.
- ☐ Add the green garlic and a pinch of salt. Cook over low heat, stirring occasionally, for 2 to 3 minutes, until the garlic is tender and fragrant but with no color.
- ☐ Add the peas and cook for 3 to 5 minutes, until they are tender and sweet. Stir in the lettuce and the remaining 2 tablespoons butter; add 1 tablespoon water if the mixture seems dry.
- ☐ Remove the pan from the heat and toss gently until the lettuce wilts and the butter melts. Season with fresh pepper and additional salt if needed.

## Nutrition Facts



## Properties

Glycemic Index:26.58, Glycemic Load:2.23, Inflammation Score:-6, Nutrition Score:6.7886956761713%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 146.6kcal (7.33%), Fat: 11.58g (17.82%), Saturated Fat: 7.23g (45.2%), Carbohydrates: 8.33g (2.78%), Net Carbohydrates: 5.17g (1.88%), Sugar: 3.11g (3.45%), Cholesterol: 30.1mg (10.03%), Sodium: 198.31mg (8.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.33%), Vitamin C: 22.16mg (26.86%), Vitamin A: 783.05IU (15.66%), Vitamin K: 15.16µg (14.44%), Manganese: 0.26mg (12.93%), Fiber: 3.16g (12.63%), Vitamin B1: 0.15mg (9.88%), Folate: 36.18µg (9.05%), Phosphorus: 64.32mg (6.43%), Vitamin B3: 1.15mg (5.77%), Vitamin B6: 0.11mg (5.43%), Copper: 0.1mg (5.16%), Magnesium: 18.78mg (4.69%), Zinc: 0.7mg (4.69%), Iron: 0.84mg (4.67%), Vitamin B2: 0.08mg (4.61%), Potassium: 143.61mg (4.1%), Vitamin E: 0.4mg (2.66%), Calcium: 19.95mg (2%), Selenium: 1.3µg (1.86%), Vitamin D: 0.21µg (1.4%)