



Corn and Pea Medley

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



135 kcal

SIDE DISH

Ingredients

- 2 teaspoons butter
- 0.3 teaspoon optional: dill
- 0.3 cup corn frozen
- 0.8 teaspoon juice of lemon
- 1 tablespoons onion chopped
- 2 servings bell pepper to taste
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- 1.5 cups sugar snap peas fresh

Equipment

sauce pan

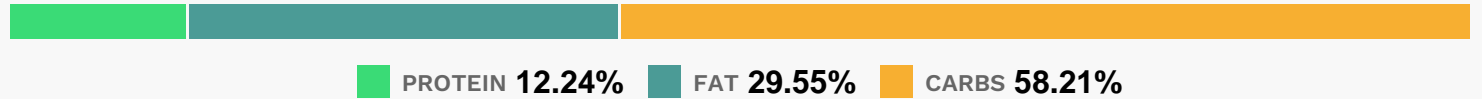
Directions

In a small saucepan, place 1 in. of water.

Add peas and corn. Bring to a boil. Reduce heat; cover and simmer for 5–6 minutes or until peas are crisp-tender. Meanwhile, in another saucepan, saute onion in butter until tender. Stir in the lemon juice, dill and pepper.

Drain peas and corn; add the onion mixture and stir to coat.

Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:1.98, Inflammation Score:-10, Nutrition Score:20.097826086957%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 134.83kcal (6.74%), Fat: 4.87g (7.5%), Saturated Fat: 2.72g (17.02%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 15.7g (5.71%), Sugar: 9.46g (10.51%), Cholesterol: 10.75mg (3.58%), Sodium: 42.65mg (1.85%), Protein: 4.54g (9.08%), Vitamin C: 237.91mg (288.37%), Vitamin A: 5591.36IU (111.83%), Vitamin B6: 0.61mg (30.37%), Folate: 111.9µg (27.98%), Vitamin K: 26.05µg (24.81%), Fiber: 5.9g (23.6%), Manganese: 0.4mg (19.83%), Vitamin E: 2.76mg (18.4%), Potassium: 552.76mg (15.79%), Vitamin B1: 0.22mg (14.8%), Iron: 2.37mg (13.17%), Vitamin B2: 0.21mg (12.53%), Vitamin B3: 2.37mg (11.86%), Magnesium: 45.04mg (11.26%), Vitamin B5: 1.12mg (11.18%), Phosphorus: 104.43mg (10.44%), Zinc: 0.78mg (5.18%), Copper: 0.1mg (4.98%), Calcium: 45.62mg (4.56%), Selenium: 0.96µg (1.37%)