



Cream Peas

 Vegetarian

READY IN

ready

15 min.

SERVINGS

servings

4

CALORIES

calories

227 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup heavy cream
- ☐ 2 cups peas green frozen thawed
- ☐ 0.1 teaspoon salt
- ☐ 0.7 cup water
- ☐ 1 tablespoon sugar white

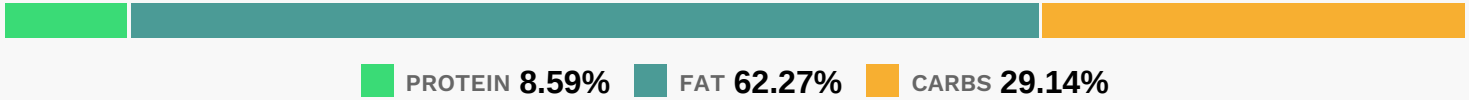
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a medium saucepan, combine peas, water, and salt. Bring to a boil, then stir in butter.
- ☐ In a small bowl, whisk together cream, flour, and sugar. Stir mixture into peas. Cook over medium-high heat until thick and bubbly, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:59.86, Glycemic Load:6.96, Inflammation Score:-7, Nutrition Score:9.6282609467921%

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

Nutrients (% of daily need)

Calories: 226.64kcal (11.33%), Fat: 16.01g (24.63%), Saturated Fat: 10.02g (62.6%), Carbohydrates: 16.86g (5.62%), Net Carbohydrates: 12.63g (4.59%), Sugar: 7.7g (8.56%), Cholesterol: 44.99mg (15%), Sodium: 151.24mg (6.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.94%), Vitamin C: 29.12mg (35.3%), Vitamin A: 1108.57IU (22.17%), Vitamin K: 19.36µg (18.44%), Fiber: 4.23g (16.94%), Manganese: 0.32mg (16.17%), Vitamin B1: 0.23mg (15.12%), Folate: 55.1µg (13.77%), Phosphorus: 96.37mg (9.64%), Vitamin B2: 0.16mg (9.16%), Vitamin B3: 1.75mg (8.77%), Copper: 0.14mg (7.09%), Iron: 1.26mg (7.02%), Magnesium: 26.74mg (6.69%), Zinc: 0.99mg (6.58%), Vitamin B6: 0.13mg (6.57%), Potassium: 202.35mg (5.78%), Selenium: 3.29µg (4.71%), Calcium: 35.56mg (3.56%), Vitamin E: 0.52mg (3.48%), Vitamin D: 0.32µg (2.12%), Vitamin B5: 0.15mg (1.54%)