

SIDE DISH

Creamed Peas

21 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
49 min	9 min	40 min	6	\$0.50	167 kcal



Creamed Peas is a gluten free, lacto ovo vegetarian, and primal side dish. This recipe makes 6 servings with 167 calories, 5g of protein, and 11g of fat each. For 50 cents per serving, this recipe covers 9% of your daily requirements of vitamins and minerals. 1 person were glad they tried this recip...

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 cloves garlic, diced
- ☐ 6 servings Kosher salt and freshly ground pepper
- ☐ 1 pound frozen peas, thawed
- ☐ 1 tablespoon sliced fresh mint
- ☐ ½ cup heavy cream
- ☐ ½ small onion, diced
- ☐ 1 pinch Pinch of red pepper flakes

EQUIPMENT Frying pan

Method

- 1 Melt the butter in a large saute pan over medium-high heat. Once melted and foamy, add the onion, garlic, and red pepper flakes and saute until tender, about 2 to 3 minutes. Season with salt and pepper.
- 2 Add the heavy cream and let thicken, stirring for just 1 minute.
- 3 Add the peas and the mint and cook until the peas are bright green and warmed through, another 5 minutes.

Nutrition per serving

167	5 g	11 g	12 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			7 g · 44% of daily needs
Fibre			4.5 g · 18% of daily needs
Sugar			5.1 g · 6% of daily needs
Sodium			234 mg · 10% of daily needs
Cholesterol			32.4 mg · 11% of daily needs
Vitamin C			31.4 mg · 38% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/creamed-peas-144277