

Creamed Peas and New Potatoes

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



185 kcal

SIDE DISH

Ingredients

- 1 pound baby potatoes red quartered
- 1 tablespoon butter
- 1 tablespoon flour all-purpose
- 1 cup milk
- 1 cup peas english shelled
- 4 servings salt and pepper to taste

Equipment

- sauce pan

whisk

pot

Directions

Bring a large pot of water to a boil over high heat. Boil potatoes for 15 to 20 minutes, or until tender.

Drain.

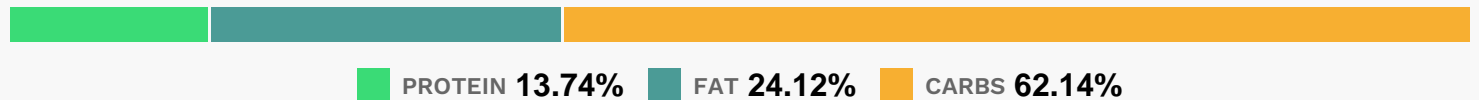
In a medium saucepan, bring 1 cup water to a boil. Simmer peas in boiling water for 6 to 7 minutes, or until tender (do NOT overcook).

Drain.

Using the same saucepan, melt butter over medium heat. Stir in flour to make a thick paste; gradually whisk in milk, stirring constantly until slightly thickened. Season with salt and pepper to taste. Now add potatoes and peas to the sauce; simmer for about 5 minutes, stirring often.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:72.77, Glycemic Load:18.02, Inflammation Score:-6, Nutrition Score:11.891304477401%

Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 185.2kcal (9.26%), Fat: 5.06g (7.78%), Saturated Fat: 2.99g (18.7%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 24.7g (8.98%), Sugar: 5.88g (6.53%), Cholesterol: 14.85mg (4.95%), Sodium: 248.13mg (10.79%), Alcohol: 0g (100%), Protein: 6.48g (12.96%), Vitamin C: 36.84mg (44.65%), Vitamin B6: 0.43mg (21.7%), Potassium: 660.24mg (18.86%), Fiber: 4.61g (18.45%), Manganese: 0.34mg (16.89%), Phosphorus: 168.26mg (16.83%), Vitamin B1: 0.24mg (15.75%), Magnesium: 45.85mg (11.46%), Folate: 45.24µg (11.31%), Vitamin K: 11.58µg (11.03%), Vitamin B3: 2.13mg (10.65%), Vitamin B2: 0.18mg (10.52%), Calcium: 98.94mg (9.89%), Copper: 0.19mg (9.49%), Vitamin A: 465.87IU (9.32%), Iron: 1.51mg (8.37%), Zinc: 1.05mg (6.97%), Vitamin B5: 0.61mg (6.13%), Vitamin B12: 0.34µg (5.59%), Vitamin D: 0.67µg (4.47%), Selenium: 2.82µg (4.03%), Vitamin E: 0.17mg (1.14%)