



Creamed Peas and Onions

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons butter
- ☐ 4 tablespoons flour all-purpose
- ☐ 1.5 cups milk
- ☐ 16 ounce peas and onions frozen thawed
- ☐ 8 servings salt and pepper to taste

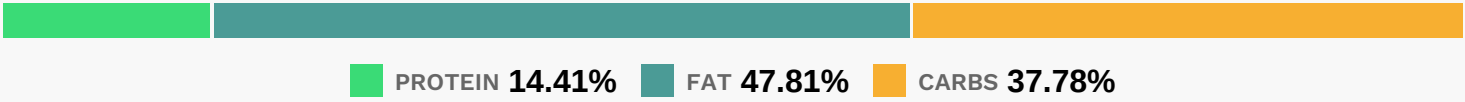
Equipment

- ☐ frying pan

Directions

- ☐ In a large skillet over low heat, stir together the butter and flour. Cook until flour is evenly coated.
- ☐ Over medium heat, stir in approximately 1/2 cup of milk at a time until thick.
- ☐ Add the peas and onions and cook until hot. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:25.92, Glycemic Load:5.07, Inflammation Score:-6, Nutrition Score:8.4243478153063%

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: 137.22kcal (6.86%), Fat: 7.4g (11.39%), Saturated Fat: 4.49g (28.09%), Carbohydrates: 13.17g (4.39%), Net Carbohydrates: 9.83g (3.58%), Sugar: 5.43g (6.03%), Cholesterol: 20.54mg (6.85%), Sodium: 259.09mg (11.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Vitamin C: 22.68mg (27.49%), Vitamin K: 14.7µg (14%), Vitamin B1: 0.21mg (13.75%), Vitamin A: 682.79IU (13.66%), Fiber: 3.33g (13.33%), Manganese: 0.26mg (13.02%), Phosphorus: 113.17mg (11.32%), Folate: 43.93µg (10.98%), Vitamin B2: 0.16mg (9.35%), Vitamin B3: 1.46mg (7.29%), Calcium: 72.81mg (7.28%), Magnesium: 25.17mg (6.29%), Vitamin B6: 0.13mg (6.28%), Zinc: 0.92mg (6.16%), Potassium: 212.7mg (6.08%), Iron: 1.01mg (5.61%), Copper: 0.11mg (5.29%), Selenium: 3.23µg (4.62%), Vitamin B12: 0.26µg (4.32%), Vitamin D: 0.5µg (3.36%), Vitamin B5: 0.25mg (2.54%), Vitamin E: 0.26mg (1.74%)