



Creamed Peas On Toast

 Vegetarian

READY IN



8 min.

SERVINGS



4

CALORIES



194 kcal

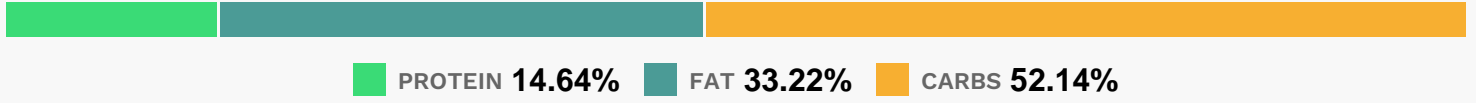
SIDE DISH

Ingredients

- 2 tablespoons butter
- 3 tablespoons flour
- 1 can peas green (i prefer small peas)
- 0.5 cup milk
- 4 servings bell pepper
- 4 servings bell pepper
- 4 servings salt
- 4 servings buttered toast

Equipment

Nutrition Facts



Properties

Glycemic Index:67.83, Glycemic Load:8.54, Inflammation Score:-10, Nutrition Score:22.743913043478%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 194.02kcal (9.7%), Fat: 7.51g (11.55%), Saturated Fat: 4.32g (27.02%), Carbohydrates: 26.52g (8.84%), Net Carbohydrates: 18.75g (6.82%), Sugar: 12.23g (13.59%), Cholesterol: 18.72mg (6.24%), Sodium: 266.3mg (11.58%), Protein: 7.45g (14.89%), Vitamin C: 222.02mg (269.12%), Vitamin A: 5488.14IU (109.76%), Folate: 130.95µg (32.74%), Fiber: 7.77g (31.06%), Vitamin B6: 0.59mg (29.39%), Manganese: 0.53mg (26.6%), Vitamin K: 27.34µg (26.04%), Vitamin B1: 0.35mg (23.62%), Vitamin B2: 0.31mg (17.97%), Vitamin E: 2.64mg (17.6%), Vitamin B3: 3.5mg (17.5%), Phosphorus: 162.84mg (16.28%), Potassium: 560.12mg (16%), Magnesium: 49.01mg (12.25%), Iron: 2.09mg (11.6%), Zinc: 1.52mg (10.14%), Copper: 0.17mg (8.65%), Calcium: 71.34mg (7.13%), Vitamin B5: 0.7mg (7.03%), Selenium: 4.42µg (6.32%), Vitamin B12: 0.18µg (2.95%), Vitamin D: 0.34µg (2.24%)