



Creamed Peas with Mint



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 tablespoons celery finely chopped
- ☐ 0.3 cup mint leaves fresh finely chopped
- ☐ 1 lb peas fresh green frozen shelled thawed ()
- ☐ 0.8 cup heavy cream
- ☐ 2 tablespoons onion finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons butter unsalted

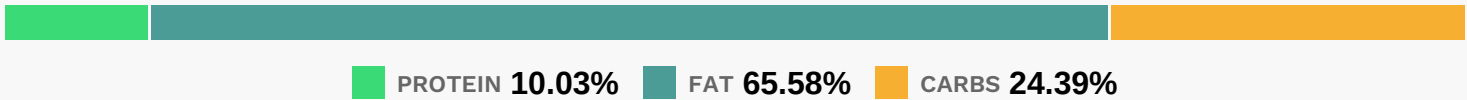
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ colander

Directions

- ☐ If using freshly shelled peas, cook in a 4- to 5-quart saucepan of boiling water (not salted), uncovered, until tender, 3 to 5 minutes, then drain in a colander.
- ☐ Briskly simmer cream with 1/4 cup mint in a 1- to 1 1/2-quart heavy saucepan until slightly thickened and reduced to about 1/2 cup, 4 to 5 minutes.
- ☐ Pour through a fine-mesh sieve into a bowl, pressing on and discarding mint.
- ☐ Cook celery and onion in butter in 4- to 5-quart heavy saucepan over moderate heat, stirring, until softened, about 4 minutes.
- ☐ Add cooked fresh or thawed frozen peas and cook, stirring, until heated through, 3 to 5 minutes. Stir in cream, salt, and pepper and briskly simmer, uncovered, stirring occasionally, until peas are well coated, about 1 minute. Stir in remaining 2 tablespoons mint and salt to taste.

Nutrition Facts



Properties

Glycemic Index:22.56, Glycemic Load:3, Inflammation Score:-7, Nutrition Score:10.173043549061%

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 Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.69mg,

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Nutrients (% of daily need)

Calories: 198.97kcal (9.95%), Fat: 14.85g (22.85%), Saturated Fat: 9.3g (58.13%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 7.86g (2.86%), Sugar: 5.34g (5.93%), Cholesterol: 43.65mg (14.55%), Sodium: 112.08mg (4.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.22%), Vitamin C: 31.34mg (37.99%), Vitamin A: 1224.19IU (24.48%), Vitamin K: 20.89µg (19.9%), Fiber: 4.57g (18.28%), Manganese: 0.35mg (17.25%), Vitamin B1: 0.21mg (14.06%), Folate: 54.21µg (13.55%), Phosphorus: 103.06mg (10.31%), Vitamin B2: 0.16mg (9.69%), Vitamin B3: 1.65mg (8.23%), Vitamin B6: 0.15mg (7.34%), Magnesium: 29.32mg (7.33%), Copper: 0.15mg (7.31%), Iron: 1.25mg (6.97%), Zinc: 1.04mg (6.96%), Potassium: 236.89mg (6.77%), Calcium: 46.29mg (4.63%), Vitamin D: 0.55µg (3.64%), Selenium: 2.33µg (3.33%), Vitamin E: 0.49mg (3.26%), Vitamin B5: 0.18mg (1.77%)