



Creamy Mushroom Peas



Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

304 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 cup mushrooms fresh sliced
- ☐ 1 pinch ground nutmeg
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 cup cup heavy whipping cream light
- ☐ 1 small onion chopped
- ☐ 2 cups peas green frozen

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0.3 teaspoon salt

Equipment

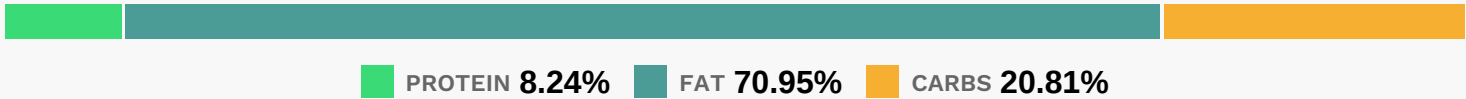
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sauce pan

Directions

- ☐ Fill a small saucepan with one inch of water. Bring to a boil, add peas, and cook until tender, about 5 minutes.
- ☐ Drain and set aside.
- ☐ Melt butter in a medium saucepan over medium heat.
- ☐ Add mushrooms and onions, and cook for a few minutes, or until tender.
- ☐ Sprinkle flour over the mushrooms, and cook for 1 minute, stirring constantly. Gradually stir in cream, and season with salt, pepper and nutmeg. Cook, stirring until smooth and thick. Stir in peas, and remove from heat.
- ☐ Let stand for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:82.58, Glycemic Load:4.43, Inflammation Score:-7, Nutrition Score:12.24130416953%

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 Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 304.12kcal (15.21%), Fat: 24.65g (37.92%), Saturated Fat: 15.29g (95.58%), Carbohydrates: 16.26g (5.42%), Net Carbohydrates: 11.46g (4.17%), Sugar: 5.47g (6.08%), Cholesterol: 81.37mg (27.12%), Sodium: 216.29mg (9.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.88%), Vitamin C: 31.17mg (37.78%), Vitamin A: 1336.11IU (26.72%), Vitamin K: 20.36µg (19.39%), Fiber: 4.8g (19.22%), Manganese: 0.37mg (18.4%), Vitamin B1: 0.25mg

(16.72%), Vitamin B2: 0.28mg (16.68%), Folate: 60.77µg (15.19%), Phosphorus: 144.9mg (14.49%), Vitamin B3: 2.55mg (12.73%), Copper: 0.22mg (11.1%), Potassium: 342.98mg (9.8%), Vitamin B6: 0.19mg (9.35%), Magnesium: 33.24mg (8.31%), Zinc: 1.23mg (8.2%), Iron: 1.35mg (7.5%), Calcium: 67.16mg (6.72%), Selenium: 4.64µg (6.63%), Vitamin B5: 0.63mg (6.29%), Vitamin E: 0.79mg (5.27%), Vitamin D: 0.41µg (2.71%), Vitamin B12: 0.14µg (2.35%)