



Crushed Peas with Feta and Scallions



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings salt and pepper black
- ☐ 1 garlic clove with a little coarse salt minced peeled
- ☐ 1 juice of lemon
- ☐ 1 large handful mint leaves shredded
- ☐ 2 tablespoons olive oil fruity
- ☐ 2.3 pounds peas
- ☐ 1 bunch spring onion trimmed finely sliced
- ☐ 0.5 pound optional – few of cheese – we use sheep's milk drained

☐ 0.5 pound greek yogurt greek-style

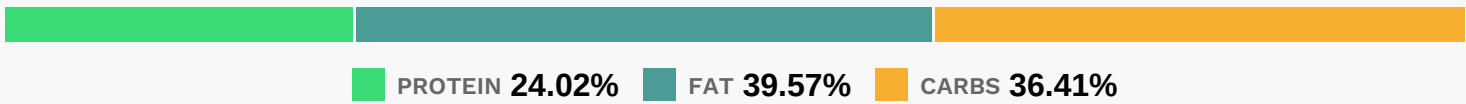
Equipment

- ☐ bowl
- ☐ potato masher

Directions

- ☐ If using fresh peas, shell them and cook briefly in boiling water until al dente, then drain well and place in a large bowl.
- ☐ Sprinkle with 2 tablespoons olive oil and crush them coarsely with a potato masher.
- ☐ If you are using frozen peas, blanch them briefly, drain exceptionally well, and crush before adding the oil, pouring off any more excess water at this stage; add the oil bit by bit and less liberally.
- ☐ Mash the feta and yogurt together in a shallow bowl. While the peas are still hot, add the feta and toss to combine. This is all about texture, not smoothness, as for a dip.
- ☐ Add the minced garlic.
- ☐ Now add the scallions and 2 tablespoons shredded mint. Stir in the juice of half a lemon to start with. Season with pepper and a little salt, if you think it is needed; feta is pretty salty. Taste and adjust the seasoning, adding more lemon juice, mint, or olive oil if you like.
- ☐ Serve in a shallow dish with a mound of warm, grilled pita bread.
- ☐ From Supper for a Song by Tamasin Day-Lewis. Text © 2009 Tamasin Day-Lewis; photography © 2009 James Merrell. Published by Rizzoli International Publications, Inc.

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:10.6, Inflammation Score:-9, Nutrition Score:37.453477890595%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg,

Eriodictyol: 0.68mg Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 458.77kcal (22.94%), Fat: 20.46g (31.48%), Saturated Fat: 8.76g (54.73%), Carbohydrates: 42.36g (14.12%), Net Carbohydrates: 27.54g (10.02%), Sugar: 16.66g (18.51%), Cholesterol: 53.3mg (17.77%), Sodium: 874.94mg (38.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.94g (55.88%), Vitamin C: 106.64mg (129.26%), Vitamin K: 80.94µg (77.09%), Fiber: 14.82g (59.27%), Vitamin B2: 0.98mg (57.89%), Manganese: 1.1mg (55.12%), Phosphorus: 548.44mg (54.84%), Vitamin B1: 0.79mg (52.39%), Folate: 194.46µg (48.61%), Vitamin A: 2296.22IU (45.92%), Calcium: 415mg (41.5%), Vitamin B6: 0.73mg (36.28%), Zinc: 5.14mg (34.3%), Vitamin B3: 6.07mg (30.37%), Selenium: 18.86µg (26.94%), Magnesium: 103.85mg (25.96%), Copper: 0.49mg (24.44%), Iron: 4.36mg (24.21%), Vitamin B12: 1.36µg (22.59%), Potassium: 770.75mg (22.02%), Vitamin B5: 1.02mg (10.23%), Vitamin E: 1.49mg (9.95%), Vitamin D: 0.23µg (1.51%)