



Fresh Peas with Mint



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 cup green onions sliced
- ☐ 4 cups peas green shelled ()
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon salt

☐ 1 cup water

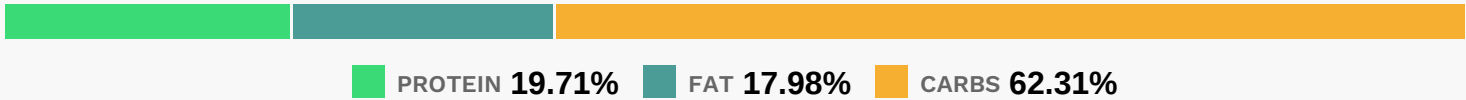
Equipment

- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Melt butter in a medium saucepan over medium-high heat.
- ☐ Add onions and garlic; saut 1 minute.
- ☐ Add peas, water, broth, honey, and salt; bring to a boil. Reduce heat, and simmer 12 minutes or until peas are tender.
- ☐ Remove from heat; stir in mint.
- ☐ Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:26.08, Glycemic Load:4.18, Inflammation Score:-7, Nutrition Score:10.36043488461%

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: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 86.49kcal (4.32%), Fat: 1.8g (2.77%), Saturated Fat: 0.96g (5.99%), Carbohydrates: 14.02g (4.67%), Net Carbohydrates: 9.43g (3.43%), Sugar: 6.61g (7.34%), Cholesterol: 3.76mg (1.25%), Sodium: 280.42mg (12.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.87%), Vitamin K: 43.99µg (41.9%), Vitamin C: 32.04mg (38.84%), Fiber: 4.59g (18.36%), Manganese: 0.35mg (17.6%), Vitamin A: 782.79IU (15.66%), Folate: 57.14µg (14.28%), Vitamin B1: 0.2mg (13.63%), Phosphorus: 88.75mg (8.87%), Vitamin B3: 1.77mg (8.86%), Copper: 0.16mg (7.8%),

Iron: 1.39mg (7.71%), Vitamin B6: 0.15mg (7.3%), Magnesium: 28.41mg (7.1%), Vitamin B2: 0.12mg (6.93%), Potassium: 232.74mg (6.65%), Zinc: 0.99mg (6.59%), Calcium: 34.59mg (3.46%), Selenium: 2.15µg (3.07%), Vitamin E: 0.2mg (1.36%), Vitamin B5: 0.13mg (1.32%)