



Fresh Peas with Mint and Green Onions



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



195 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup chives chopped
- ☐ 2 green onions
- ☐ 12 large mint leaves
- ☐ 4 pounds peas english
- ☐ 8 servings salt (see Notes)
- ☐ 2 teaspoons butter unsalted

Equipment

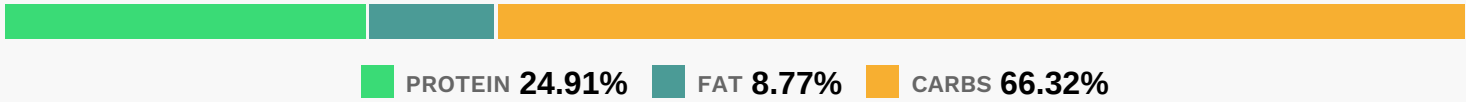
- ☐ bowl

☐ pot

Directions

- ☐ Bring a large pot of water to a boil. Meanwhile, shell peas (you should have about 4 cups). Cook peas in boiling water until tender, about 2 minutes.
- ☐ Drain well and transfer to a medium bowl.
- ☐ While peas are cooking, trim and discard the root ends and dark green leaves of green onions. Halve white and light green parts lengthwise and thinly slice crosswise. Set aside. Chop mint and set aside.
- ☐ Add butter to hot peas and toss until butter is melted and peas are coated.
- ☐ Add green onions, chives, and mint and toss to combine.
- ☐ Sprinkle with salt to taste and serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:8.8, Inflammation Score:-9, Nutrition Score:25.108260845684%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 195.05kcal (9.75%), Fat: 1.95g (3%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 33.16g (11.05%), Net Carbohydrates: 20g (7.27%), Sugar: 12.95g (14.39%), Cholesterol: 2.69mg (0.9%), Sodium: 206.25mg (8.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.45g (24.91%), Vitamin C: 92.49mg (112.1%), Vitamin K: 65.21µg (62.1%), Fiber: 13.16g (52.63%), Manganese: 0.96mg (47.88%), Vitamin B1: 0.61mg (40.48%), Vitamin A: 1914.27IU (38.29%), Folate: 152.4µg (38.1%), Phosphorus: 248.17mg (24.82%), Vitamin B3: 4.79mg (23.95%), Copper: 0.41mg (20.44%), Vitamin B6: 0.39mg (19.44%), Iron: 3.48mg (19.31%), Magnesium: 77.2mg (19.3%), Zinc: 2.85mg (18.99%), Vitamin B2: 0.31mg (18.1%), Potassium: 574.24mg (16.41%), Calcium: 64.07mg (6.41%), Selenium: 4.12µg (5.89%),

Vitamin B5: 0.25mg (2.49%), Vitamin E: 0.34mg (2.29%)