



Fresh Peas with Spicy Pepper Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



144 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaves
- ☐ 3 cups pea-mond dressing fresh
- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.3 teaspoon ground mustard dry
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 teaspoon garlic minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red

- ☐ 2 teaspoons jalapeno minced seeded
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion diced
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon paprika smoked spanish
- ☐ 1 cup bell pepper diced red
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 2.5 cups vegetable stock organic

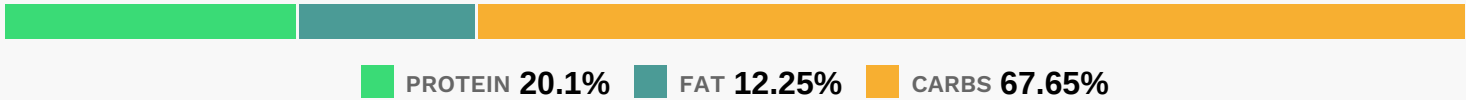
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ To prepare relish, combine first 8 ingredients in a bowl. Cover and chill.
- ☐ To prepare peas, sort and wash peas; set aside.
- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add 1 cup onion and garlic to pan; saut 5 minutes. Stir in peas, broth, and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until peas are tender. Discard bay leaf.
- ☐ Serve with relish.

Nutrition Facts



Properties

Glycemic Index:71.35, Glycemic Load:7.03, Inflammation Score:-9, Nutrition Score:14.344347953796%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

Nutrients (% of daily need)

Calories: 143.69kcal (7.18%), Fat: 2.03g (3.12%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 18.18g (6.61%), Sugar: 6.87g (7.63%), Cholesterol: 0mg (0%), Sodium: 496mg (21.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.97%), Folate: 200.74µg (50.18%), Vitamin C: 38.97mg (47.24%), Fiber: 7g (27.99%), Manganese: 0.51mg (25.68%), Vitamin A: 1250.03IU (25%), Vitamin K: 26.03µg (24.79%), Phosphorus: 156.12mg (15.61%), Iron: 2.62mg (14.55%), Vitamin B1: 0.21mg (14.01%), Magnesium: 55mg (13.75%), Copper: 0.26mg (12.86%), Vitamin B6: 0.22mg (11.15%), Potassium: 372.93mg (10.66%), Zinc: 1.28mg (8.55%), Vitamin E: 0.99mg (6.57%), Vitamin B2: 0.09mg (5.03%), Vitamin B5: 0.5mg (4.98%), Vitamin B3: 0.79mg (3.95%), Selenium: 2.61µg (3.72%), Calcium: 36.51mg (3.65%)