

Green Pea Sauce

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



122 kcal

SAUCE

Ingredients

- 12 fluid ounce evaporated milk canned
- 0.8 teaspoon garlic minced
- 1 medium onion diced finely
- 0.7 cup peas frozen
- 6 servings salt and pepper to taste
- 0.7 cup vegetable broth
- 1 tablespoon vegetable oil

Equipment

frying pan

blender

Directions

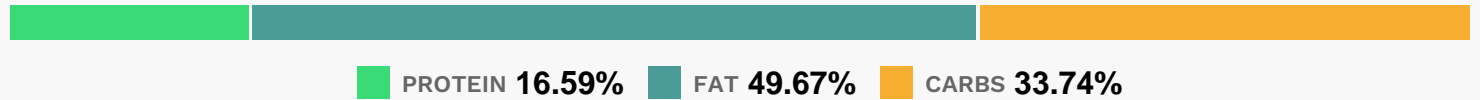
Warm the oil in a skillet over medium-high heat. Stir in the onion, and cook until nearly tender. Stir in the garlic, and cook for a few seconds, until fragrant.

Pour in peas, and stir to thaw.

Pour in the vegetable stock and evaporated milk. Turn heat to low, cover, and cook for 5 minutes. Once the peas have cooked, pour them into a blender and puree until smooth.

Pour the pureed sauce back into the skillet, and season to taste with salt and pepper. Simmer over low heat until the sauce reaches desired consistency.

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:1.18, Inflammation Score:-4, Nutrition Score:5.546521767326%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 122.12kcal (6.11%), Fat: 6.82g (10.5%), Saturated Fat: 3.08g (19.25%), Carbohydrates: 10.43g (3.48%), Net Carbohydrates: 9.19g (3.34%), Sugar: 7.85g (8.73%), Cholesterol: 17.15mg (5.72%), Sodium: 362.53mg (15.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.25%), Calcium: 163.4mg (16.34%), Phosphorus: 143.34mg (14.33%), Vitamin B2: 0.21mg (12.56%), Vitamin C: 9.04mg (10.96%), Vitamin K: 8.6µg (8.19%), Potassium: 246.82mg (7.05%), Vitamin A: 320.61IU (6.41%), Magnesium: 21.44mg (5.36%), Vitamin B1: 0.08mg (5.32%), Manganese: 0.1mg (5%), Fiber: 1.24g (4.95%), Folate: 18.7µg (4.67%), Zinc: 0.69mg (4.61%), Vitamin B5: 0.42mg (4.19%), Vitamin B6: 0.08mg (4.17%), Selenium: 1.8µg (2.57%), Vitamin B3: 0.48mg (2.38%), Copper: 0.05mg (2.31%), Iron: 0.4mg (2.2%), Vitamin E: 0.3mg (2.03%), Vitamin B12: 0.09µg (1.58%)