



Green Peas and Baby Limas with Pine Nuts



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 3 tablespoons butter
- ☐ 14 ounce chicken broth canned
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 10 ounce baby lima beans frozen
- ☐ 3 green onions chopped
- ☐ 0.3 teaspoon pepper
- ☐ 4.5 cups peas frozen ()

- ☐ 0.8 cup pinenuts
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar

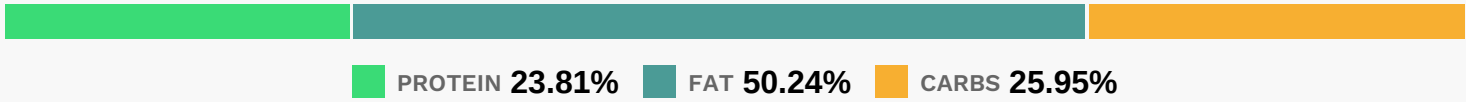
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring broth to a boil in a saucepan; add lima beans. Return to a boil; cover, reduce heat, and simmer 15 minutes or until tender. Stir in peas and 1/2 teaspoon sugar; cook 2 minutes.
- ☐ Drain.
- ☐ Saut pine nuts in 2 tablespoons butter in a large skillet over medium heat until golden.
- ☐ Add bean mixture, green onions, and next 3 ingredients; cook 1 minute or until thoroughly heated. Stir in remaining 3 tablespoons butter until melted.

Nutrition Facts



Properties

Glycemic Index:14.87, Glycemic Load:2.26, Inflammation Score:-7, Nutrition Score:13.709999938374%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 237.07kcal (11.85%), Fat: 13.48g (20.75%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 10.73g (3.9%), Sugar: 3.62g (4.02%), Cholesterol: 16.54mg (5.51%), Sodium: 327.03mg (14.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.38g (28.76%), Manganese: 1.14mg (57.17%), Vitamin C: 24.39mg (29.56%), Vitamin K: 25.07µg (23.88%), Fiber: 4.94g (19.76%), Phosphorus: 185.04mg (18.5%), Vitamin A: 765.28IU (15.31%), Zinc: 2.21mg (14.72%), Magnesium: 58.22mg (14.55%), Vitamin B1: 0.2mg (13.64%), Copper:

0.26mg (12.87%), Vitamin B3: 2.56mg (12.81%), Iron: 2.28mg (12.66%), Folate: 47.66µg (11.91%), Selenium: 7.64µg (10.92%), Vitamin B6: 0.2mg (10.18%), Potassium: 352.85mg (10.08%), Vitamin B2: 0.15mg (8.63%), Vitamin E: 1.16mg (7.74%), Vitamin B12: 0.34µg (5.61%), Calcium: 32.53mg (3.25%), Vitamin B5: 0.14mg (1.36%)