



## Green Peas and Mushrooms

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



86 kcal

SIDE DISH

### Ingredients

- 8 ounce baby portobello mushrooms sliced
- 2 tablespoons butter
- 0.5 teaspoon ground pepper
- 1 cup onion finely minced
- 16 ounce peas frozen
- 0.5 teaspoon salt

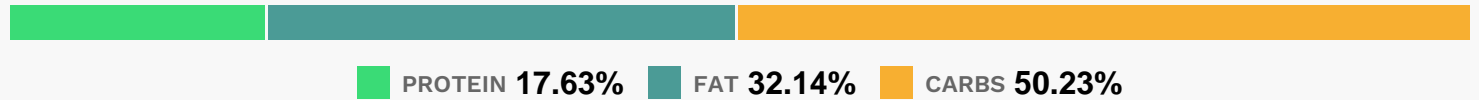
### Equipment

- frying pan

## Directions

- In a large skillet, melt the butter over medium heat.
- Add the onions and mushrooms. Cook, stirring occasionally, for 4 minutes. Stir in the peas and 1/2 cup water. Cook, stirring frequently, until the peas are tender, 8 to 10 minutes. Stir in the salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:19.17, Glycemic Load:2.62, Inflammation Score:-6, Nutrition Score:8.564782610406%

## 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 Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 85.57kcal (4.28%), Fat: 3.19g (4.91%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 7.24g (2.63%), Sugar: 4.77g (5.3%), Cholesterol: 7.53mg (2.51%), Sodium: 174.06mg (7.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.87%), Vitamin C: 24.16mg (29.28%), Fiber: 3.97g (15.89%), Manganese: 0.29mg (14.71%), Vitamin K: 14.59µg (13.9%), Vitamin B3: 2.49mg (12.43%), Folate: 48.72µg (12.18%), Vitamin B1: 0.18mg (11.8%), Vitamin A: 522.3IU (10.45%), Phosphorus: 98.69mg (9.87%), Copper: 0.19mg (9.52%), Selenium: 6.44µg (9.19%), Vitamin B6: 0.16mg (8.11%), Potassium: 273.27mg (7.81%), Vitamin B2: 0.12mg (6.97%), Zinc: 0.89mg (5.95%), Iron: 0.98mg (5.43%), Magnesium: 21mg (5.25%), Vitamin B5: 0.41mg (4.12%), Calcium: 21.11mg (2.11%), Vitamin E: 0.17mg (1.11%)