



Green Peas with Cheese and Herbs



Vegetarian



Gluten Free

READY IN



33 min.

SERVINGS



4

CALORIES



238 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 ounces cheese cut into 1/4-inch cubes ricotta salata, fontina or Swiss
- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 2 teaspoons parsley leaves fresh chopped
- ☐ 1 pound peas fresh
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons olive oil
- ☐ 2 tablespoons red wine vinegar

- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon shallots minced
- ☐ 3 quarts water

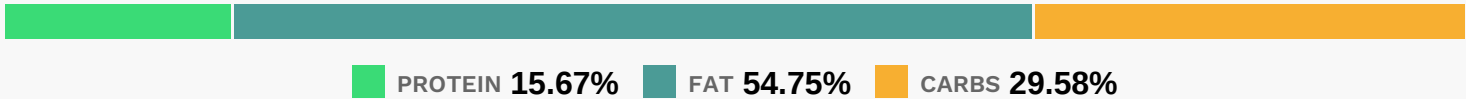
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large covered saucepan over high heat, bring the water and 1/2 teaspoon of salt to a boil.
- ☐ Add the peas and cook 1 minute for frozen and 3 to 3 1/2 minutes for fresh.
- ☐ Remove from heat, drain in a colander and immediately plunge the peas into ice cold water to stop the cooking.
- ☐ Drain and set aside.
- ☐ In a medium mixing bowl whisk together the red wine vinegar, shallot, salt and pepper.
- ☐ Slowly drizzle in the olive oil while continuing to whisk.
- ☐ Add the peas, mint, parsley and cheese and stir to combine. Cover and allow to sit in refrigerator for 15 to 20 minutes prior to serving.

Nutrition Facts



Properties

Glycemic Index:41.33, Glycemic Load:4.74, Inflammation Score:-8, Nutrition Score:15.191739160082%

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 Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg,

Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 237.91kcal (11.9%), Fat: 14.64g (22.53%), Saturated Fat: 3.89g (24.28%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 11.19g (4.07%), Sugar: 6.7g (7.45%), Cholesterol: 14.46mg (4.82%), Sodium: 938.23mg (40.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.87%), Vitamin C: 45.68mg (55.37%), Vitamin K: 36µg (34.29%), Fiber: 6.61g (26.45%), Manganese: 0.51mg (25.61%), Vitamin B1: 0.31mg (20.48%), Vitamin A: 1001.45IU (20.03%), Folate: 78.14µg (19.53%), Phosphorus: 169.82mg (16.98%), Copper: 0.33mg (16.31%), Magnesium: 48.98mg (12.24%), Zinc: 1.82mg (12.16%), Vitamin B2: 0.21mg (12.12%), Vitamin B3: 2.41mg (12.04%), Vitamin E: 1.69mg (11.3%), Calcium: 111.64mg (11.16%), Iron: 1.93mg (10.75%), Vitamin B6: 0.21mg (10.66%), Potassium: 321.9mg (9.2%), Selenium: 6.2µg (8.85%), Vitamin B5: 0.19mg (1.89%), Vitamin B12: 0.1µg (1.61%)