



Green Peas With Mushrooms



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 0.5 teaspoon rosemary fresh chopped
- ☐ 2 garlic cloves pressed
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 tablespoons onion grated
- ☐ 10 ounce peas sweet green frozen
- ☐ 0.3 teaspoon pepper

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0.3 teaspoon salt

Equipment

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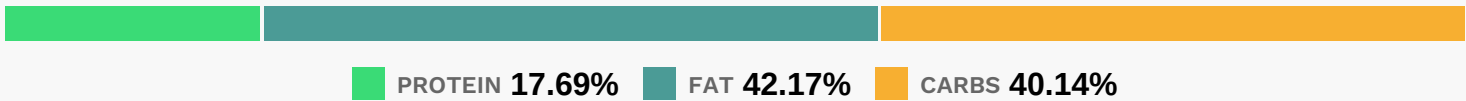
frying pan

Directions

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Melt butter in a large skillet over medium heat; add onion, garlic, and mushrooms, and saut 3 to 4 minutes or until liquid evaporates. Stir in peas and remaining ingredients; cover and cook 4 minutes. Stir and cook, uncovered, 4 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:58.83, Glycemic Load:3.43, Inflammation Score:-7, Nutrition Score:11.853912851085%

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: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 125.43kcal (6.27%), Fat: 6.17g (9.5%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 13.22g (4.41%), Net Carbohydrates: 8.44g (3.07%), Sugar: 5.4g (6.01%), Cholesterol: 0mg (0%), Sodium: 218.23mg (9.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.65%), Vitamin C: 30.4mg (36.85%), Vitamin B2: 0.33mg (19.26%), Fiber: 4.78g (19.13%), Manganese: 0.37mg (18.44%), Vitamin B3: 3.55mg (17.75%), Vitamin K: 17.83µg (16.98%), Vitamin B1: 0.24mg (16.07%), Vitamin A: 793.99IU (15.88%), Copper: 0.31mg (15.73%), Folate: 56.9µg (14.23%), Phosphorus: 131.13mg (13.11%), Potassium: 371.7mg (10.62%), Vitamin B6: 0.2mg (10.23%), Selenium: 6.8µg (9.71%), Vitamin B5: 0.95mg (9.45%), Zinc: 1.2mg (8.03%), Iron: 1.38mg (7.66%), Magnesium: 30.03mg (7.51%), Calcium: 26.3mg (2.63%), Vitamin E: 0.32mg (2.12%)