



Green Peas with Pimiento



Vegetarian



Gluten Free



Low Fod Map

READY IN



6 min.

SERVINGS



4

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter light
- ☐ 2.3 cups peas green frozen
- ☐ 4 ounce pimientos diced drained
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons slivered almonds

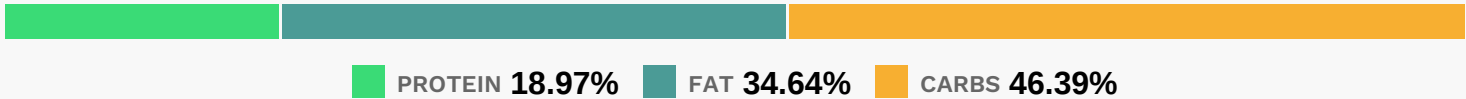
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a nonstick skillet over medium heat.
- ☐ Add almonds; cook 2 minutes or until toasted, stirring frequently.
- ☐ Add peas and remaining ingredients; cook 2 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:3.7, Inflammation Score:-8, Nutrition Score:13.7699999916139%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 120.58kcal (6.03%), Fat: 4.86g (7.47%), Saturated Fat: 1.47g (9.16%), Carbohydrates: 14.63g (4.88%), Net Carbohydrates: 8.69g (3.16%), Sugar: 5.78g (6.43%), Cholesterol: 3.71mg (1.24%), Sodium: 155.56mg (6.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.97%), Vitamin C: 62.11mg (75.28%), Vitamin A: 1436.45IU (28.73%), Manganese: 0.48mg (24.15%), Fiber: 5.94g (23.77%), Vitamin K: 23.39µg (22.28%), Vitamin B1: 0.23mg (15.57%), Folate: 57.25µg (14.31%), Phosphorus: 119.38mg (11.94%), Vitamin E: 1.68mg (11.2%), Iron: 2.01mg (11.19%), Vitamin B2: 0.19mg (11.05%), Vitamin B6: 0.22mg (10.99%), Magnesium: 42.69mg (10.67%), Copper: 0.21mg (10.65%), Vitamin B3: 2.1mg (10.5%), Potassium: 293.72mg (8.39%), Zinc: 1.24mg (8.29%), Calcium: 37.87mg (3.79%), Selenium: 1.77µg (2.53%), Vitamin B5: 0.11mg (1.12%)