



Herbed English Peas with Mushrooms



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



72 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 teaspoon tarragon dried
- ☐ 1.5 cups mushrooms fresh sliced
- ☐ 0.5 cup onion thinly sliced
- ☐ 1.5 cups peas frozen english thawed
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vegetable oil
- ☐ 2 tablespoons water

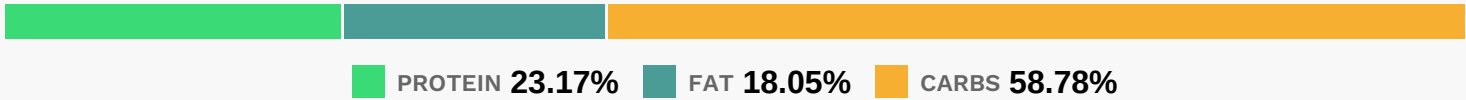
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat until hot.
- ☐ Add onion; cook 4 minutes or until tender, stirring often.
- ☐ Add mushrooms to skillet; cook 4 minutes or until tender, stirring often. Stir in peas and remaining ingredients; cover and cook 4 minutes or just until peas are tender.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.33, Glycemic Load:2.93, Inflammation Score:-6, Nutrition Score:9.0282608458529%

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: 71.54kcal (3.58%), Fat: 1.52g (2.34%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 7.31g (2.66%), Sugar: 4.64g (5.16%), Cholesterol: 0mg (0%), Sodium: 151.36mg (6.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Vitamin C: 24.24mg (29.38%), Manganese: 0.31mg (15.69%), Fiber: 3.85g (15.41%), Vitamin K: 15.74µg (14.99%), Vitamin B2: 0.23mg (13.45%), Vitamin B3: 2.5mg (12.52%), Vitamin B1: 0.18mg (12.29%), Folate: 46.64µg (11.66%), Copper: 0.22mg (11.18%), Phosphorus: 97.15mg (9.71%), Vitamin A: 437.71IU (8.75%), Potassium: 292.32mg (8.35%), Vitamin B6: 0.17mg (8.28%), Iron: 1.19mg (6.61%), Selenium: 4.45µg (6.36%), Magnesium: 25.1mg (6.28%), Vitamin B5: 0.62mg (6.21%), Zinc: 0.92mg (6.11%), Calcium: 25.56mg (2.56%), Vitamin E: 0.17mg (1.14%)