



HEALTH SCORE

72%

Herbed Pea Medley



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



114 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup carrots diced
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cups peas green shelled
- ☐ 2 teaspoons juice of lemon
- ☐ 1 tablespoon butter melted
- ☐ 1 tablespoon teaspoon mint dried fresh finely chopped
- ☐ 1 teaspoon orange rind grated
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 1 cup snow peas halved
- ☐ 1 cup sugar snap peas trimmed halved

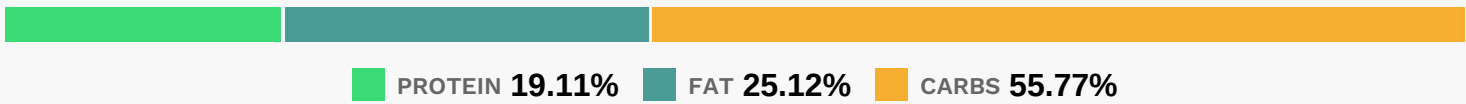
Equipment

- ☐ bowl

Directions

- ☐ Steam green peas, sugar snap peas, and carrot, covered, 4 minutes.
- ☐ Add snow peas. Cover; steam an additional 2 minutes or until crisp-tender.
- ☐ Combine parsley and remaining ingredients in a large bowl; stir well.
- ☐ Add vegetable mixture; toss well.

Nutrition Facts



Properties

Glycemic Index:38.79, Glycemic Load:3.34, Inflammation Score:-10, Nutrition Score:18.078695517357%

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: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.38mg, Apigenin: 4.38mg, Apigenin: 4.38mg, Apigenin: 4.38mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 113.97kcal (5.7%), Fat: 3.28g (5.05%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 16.39g (5.46%), Net Carbohydrates: 10.28g (3.74%), Sugar: 6.91g (7.68%), Cholesterol: 0mg (0%), Sodium: 341.89mg (14.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.23%), Vitamin A: 4109.92IU (82.2%), Vitamin C: 64.06mg (77.64%), Vitamin K: 65.35µg (62.23%), Fiber: 6.11g (24.45%), Manganese: 0.47mg (23.73%), Folate: 75.92µg (18.98%), Vitamin B1: 0.28mg (18.76%), Iron: 2.34mg (13.01%), Vitamin B6: 0.23mg (11.46%), Phosphorus: 113.25mg

(11.33%), Vitamin B3: 2.02mg (10.12%), Magnesium: 40.19mg (10.05%), Potassium: 351.12mg (10.03%), Copper: 0.18mg (9.17%), Vitamin B2: 0.15mg (8.93%), Zinc: 1.11mg (7.4%), Calcium: 53.01mg (5.3%), Vitamin B5: 0.51mg (5.09%), Vitamin E: 0.52mg (3.47%), Selenium: 1.68µg (2.4%)