



Herbed Peas and Carrots

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



120 kcal

SIDE DISH

Ingredients

- 3 cups peas frozen thawed
- 3 cups carrots peeled
- 1 tablespoon olive oil
- 1 tablespoon parsley fresh italian minced
- 0.8 cup shallots peeled finely chopped
- 2 tablespoons butter unsalted
- 0.3 cup water

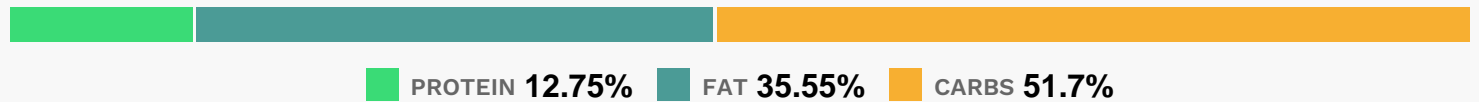
Equipment

frying pan

Directions

- Heat butter and oil in a large frying pan over medium heat. Once butter foams, add carrots and shallots, and season with salt and freshly ground black pepper. Cook, stirring occasionally, until shallots are translucent and soft, about 10 minutes.
- Add water and continue to cook until liquid evaporates and carrots are tender, about 5 to 6 minutes.
- Add peas and cook until heated through, about 3 minutes.
- Remove from heat, stir in parsley, season with salt and freshly ground pepper, and serve.

Nutrition Facts



Properties

Glycemic Index:19.15, Glycemic Load:4.53, Inflammation Score:-10, Nutrition Score:13.554347826087%

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 Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 120.44kcal (6.02%), Fat: 4.95g (7.61%), Saturated Fat: 2.1g (13.11%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 11.02g (4.01%), Sugar: 7.11g (7.9%), Cholesterol: 7.53mg (2.51%), Sodium: 39.57mg (1.72%), Protein: 3.99g (7.99%), Vitamin A: 8565.32IU (171.31%), Vitamin C: 27.02mg (32.75%), Vitamin K: 29.5µg (28.09%), Fiber: 5.17g (20.68%), Manganese: 0.36mg (17.86%), Folate: 52.87µg (13.22%), Vitamin B1: 0.19mg (12.68%), Vitamin B6: 0.24mg (11.76%), Potassium: 363.98mg (10.4%), Phosphorus: 89.96mg (9%), Vitamin B3: 1.66mg (8.3%), Magnesium: 28.76mg (7.19%), Copper: 0.14mg (6.97%), Iron: 1.25mg (6.95%), Vitamin B2: 0.11mg (6.22%), Zinc: 0.89mg (5.92%), Vitamin E: 0.73mg (4.89%), Calcium: 39.41mg (3.94%), Vitamin B5: 0.26mg (2.58%), Selenium: 1.33µg (1.9%)