



Herbed Potatoes and Peas

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.8 cup less-sodium chicken broth fat-free
- 1.5 tablespoons flour all-purpose
- 1 tablespoon butter light
- 0.8 cup milk 2% reduced-fat
- 2 tablespoons mint leaves thinly sliced
- 1.5 cups peas green frozen
- 8 small potatoes red halved

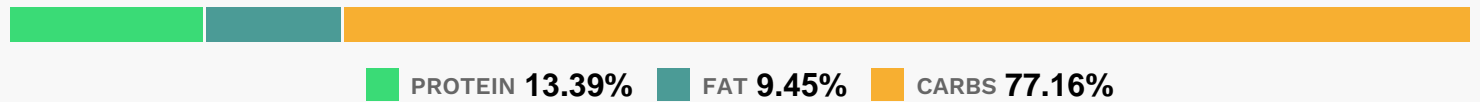
Equipment

- paper towels
- sauce pan
- oven
- whisk
- microwave

Directions

- Arrange potato halves in a circle on paper towels in microwave oven. Microwave at HIGH 5 minutes or until tender.
- Melt butter in a saucepan over medium heat.
- Add flour, stirring with a whisk. Gradually add milk and broth, stirring with a whisk. Cook over medium heat until thick, stirring constantly.
- Add potato and peas; bring to a boil, stirring to coat. Stir in pepper and mint.

Nutrition Facts



Properties

Glycemic Index:55.33, Glycemic Load:3.67, Inflammation Score:-8, Nutrition Score:22.522174026007%

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 Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 334.12kcal (16.71%), Fat: 3.61g (5.55%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 66.33g (22.11%), Net Carbohydrates: 57.32g (20.84%), Sugar: 9.78g (10.87%), Cholesterol: 7.25mg (2.42%), Sodium: 260.18mg (11.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.51g (23.03%), Vitamin C: 51.26mg (62.13%), Potassium: 1764.5mg (50.41%), Manganese: 0.76mg (37.99%), Fiber: 9g (36.01%), Vitamin B6: 0.7mg (34.81%), Phosphorus: 316.5mg (31.65%), Vitamin B1: 0.46mg (30.88%), Copper: 0.57mg (28.58%), Vitamin B3: 5.5mg (27.49%), Vitamin K: 27.96µg (26.63%), Folate: 105.07µg (26.27%), Magnesium: 99.68mg (24.92%), Iron: 3.56mg (19.79%), Vitamin B2:

0.29mg (16.78%), Zinc: 2.06mg (13.7%), Vitamin B5: 1.23mg (12.3%), Vitamin A: 597.77IU (11.96%), Calcium: 106.82mg (10.68%), Selenium: 5.72µg (8.17%), Vitamin B12: 0.32µg (5.4%), Vitamin E: 0.18mg (1.23%)