

Italian Peas

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



112 kcal

SIDE DISH

Ingredients

- 1 tablespoon chicken stock see
- 2 cloves garlic minced
- 2 tablespoons olive oil
- 1 onion chopped
- 16 ounces peas green frozen
- 6 servings salt and pepper to taste

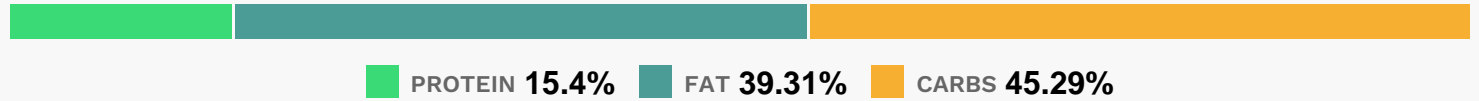
Equipment

- frying pan

Directions

- Heat olive oil in a skillet over medium heat. Stir in onion and garlic; cook about 5 minutes.
- Add frozen peas, and stir in stock. Season with salt and pepper. Cover, and cook until the peas are tender, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:16.89, Glycemic Load:3.39, Inflammation Score:-6, Nutrition Score:9.1573913667513%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 112.21kcal (5.61%), Fat: 5.02g (7.73%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 8.38g (3.05%), Sugar: 5.11g (5.68%), Cholesterol: 0.08mg (0.02%), Sodium: 202.14mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.85%), Vitamin C: 31.91mg (38.68%), Vitamin K: 21.65µg (20.62%), Fiber: 4.64g (18.57%), Manganese: 0.35mg (17.54%), Vitamin B1: 0.21mg (14.16%), Folate: 52.78µg (13.19%), Vitamin A: 578.86IU (11.58%), Phosphorus: 89.17mg (8.92%), Vitamin B3: 1.65mg (8.24%), Vitamin B6: 0.16mg (8.18%), Copper: 0.14mg (7.23%), Magnesium: 27.14mg (6.78%), Iron: 1.2mg (6.67%), Zinc: 0.98mg (6.56%), Vitamin B2: 0.11mg (6.35%), Potassium: 217.95mg (6.23%), Vitamin E: 0.78mg (5.17%), Calcium: 25.17mg (2.52%), Selenium: 1.65µg (2.36%), Vitamin B5: 0.11mg (1.07%)