



## Jazzed-Up Peas and Pearl Onions

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



160 kcal

SIDE DISH

### Ingredients

- 1 tablespoon butter
- 2 tablespoons butter
- 1 tablespoon olive oil extra virgin
- 1.5 tablespoons optional: dill fresh coarsely chopped
- 0.3 cup flat-leaf parsley fresh coarsely chopped
- 8 servings kosher salt to taste
- 2 tablespoons juice of lemon fresh
- 14.4 oz pearl onions frozen thawed

- 28.8 oz peas frozen thawed
- 8 servings pepper freshly ground to taste
- 1 teaspoon sugar

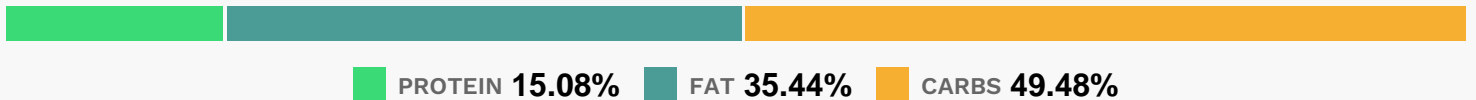
## Equipment

- frying pan

## Directions

- Melt 1 Tbsp. butter with olive oil in a large skillet over medium-high heat.
- Add pearl onions and sugar; saut 5 to 7 minutes or until onions are caramel colored.
- Add peas and lemon juice; cook, stirring constantly, 2 to 3 minutes or until thoroughly heated.
- Remove from heat; stir in parsley, 2 Tbsp. butter, and fresh dill.
- Add kosher salt and freshly ground pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:40.05, Glycemic Load:5.37, Inflammation Score:-8, Nutrition Score:14.536956373764%

## 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: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 10.42mg, Quercetin: 10.42mg, Quercetin: 10.42mg, Quercetin: 10.42mg

## Nutrients (% of daily need)

Calories: 159.9kcal (7.99%), Fat: 6.5g (9.99%), Saturated Fat: 3.04g (19%), Carbohydrates: 20.41g (6.8%), Net Carbohydrates: 13.63g (4.95%), Sugar: 8.56g (9.52%), Cholesterol: 11.29mg (3.76%), Sodium: 235.88mg (10.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.44%), Vitamin C: 48.61mg (58.92%), Vitamin K:

57.85µg (55.09%), Fiber: 6.78g (27.14%), Manganese: 0.5mg (25.1%), Vitamin A: 1077.47IU (21.55%), Folate: 79.92µg (19.98%), Vitamin B1: 0.3mg (19.86%), Phosphorus: 127.88mg (12.79%), Vitamin B6: 0.24mg (11.89%), Vitamin B3: 2.22mg (11.12%), Copper: 0.2mg (10.23%), Magnesium: 40.27mg (10.07%), Potassium: 340.98mg (9.74%), Iron: 1.75mg (9.74%), Zinc: 1.38mg (9.21%), Vitamin B2: 0.15mg (9.01%), Calcium: 42.07mg (4.21%), Vitamin E: 0.54mg (3.58%), Selenium: 2.16µg (3.08%), Vitamin B5: 0.19mg (1.89%)