



WHATSheATE



Lamb Sausage with Pea Purée and Pea Sprouts

READY IN



30 min.

SERVINGS



4

CALORIES



357 kcal

SIDE DISH

Ingredients

- ☐ 2.5 cups peas fresh
- ☐ 1 Handful pea-mond dressing fresh
- ☐ 0.5 cup feta cheese crumbled
- ☐ 4 servings pepper black freshly ground
- ☐ 4 lamb loins
- ☐ 2 tablespoons mint leaves chopped
- ☐ 4 wholewheat pita breads quartered
- ☐ 3 tablespoons butter unsalted divided

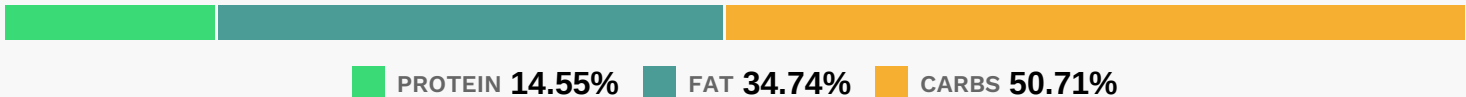
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Melt two tablespoons butter in a 12-inch non-stick skillet set over medium-low heat. When butter stops foaming, add the lamb sausages and cover the skillet. Cook until sausages are browned on the bottom, 8 to 10 minutes. Flip the sausages, cover again, and cook until browned on the other side and cooked through, another 8 to 10 minutes.
- ☐ Meanwhile, bring a quart of salted water to a boil in a medium saucepan set over high heat.
- ☐ Add peas and cook until tender and warm, 1 to 2 minutes.
- ☐ Drain the peas, reserving a 1/4 cup of the cooking liquid.
- ☐ Transfer peas to a food processor along with 1 tablespoon butter and chopped mint. Process until smooth, adding in some of the cooking liquid until it has the texture of hummus. Season to taste with salt and pepper.
- ☐ To serve, spoon some of the puree on a plate and top with a sausage, pea sprouts, a sprinkling of feta, and some pita triangles.

Nutrition Facts



Properties

Glycemic Index:60.33, Glycemic Load:32.78, Inflammation Score:-8, Nutrition Score:16.32608698762%

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: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

Nutrients (% of daily need)

Calories: 357.49kcal (17.87%), Fat: 13.84g (21.3%), Saturated Fat: 8.15g (50.97%), Carbohydrates: 45.46g (15.15%), Net Carbohydrates: 38.82g (14.12%), Sugar: 5.15g (5.73%), Cholesterol: 39.99mg (13.33%), Sodium: 520.99mg (22.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.05g (26.1%), Vitamin C: 37.05mg (44.9%), Manganese: 0.69mg (34.51%), Vitamin B1: 0.42mg (28.25%), Fiber: 6.64g (26.56%), Vitamin A: 1141.59IU (22.83%), Vitamin K: 23.75µg (22.62%), Phosphorus: 221.85mg (22.18%), Folate: 82.23µg (20.56%), Vitamin B2: 0.34mg (20.28%), Calcium: 172.51mg (17.25%), Vitamin B3: 3.39mg (16.94%), Zinc: 2.21mg (14.73%), Copper: 0.27mg (13.62%), Iron: 2.4mg (13.33%), Vitamin B6: 0.26mg (12.85%), Magnesium: 50.75mg (12.69%), Potassium: 320.94mg (9.17%), Selenium: 4.75µg (6.78%), Vitamin B12: 0.36µg (5.96%), Vitamin B5: 0.53mg (5.27%), Vitamin E: 0.4mg (2.66%), Vitamin D: 0.23µg (1.56%)