

## Lemon-Mint Peas



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



69 kcal

SIDE DISH

### Ingredients

- 1 teaspoon butter
- 0.5 teaspoon lemon rind grated
- 1 tablespoon mint leaves chopped
- 2 cups peas green frozen
- 0.3 teaspoon pepper
- 0.1 teaspoon salt
- 2 tablespoons water

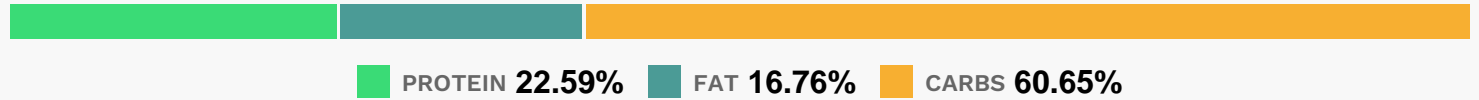
### Equipment

- bowl
- microwave

## Directions

- Place peas and water in a bowl; cover. Microwave at HIGH 3 minutes, stirring after 2 minutes.
- Add mint, butter, lemon rind, pepper, and salt; toss.

## Nutrition Facts



## Properties

Glycemic Index:31.58, Glycemic Load:2.81, Inflammation Score:-6, Nutrition Score:8.2352173551917%

## 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: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg

## Nutrients (% of daily need)

Calories: 68.99kcal (3.45%), Fat: 1.32g (2.03%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 6.46g (2.35%), Sugar: 4.12g (4.58%), Cholesterol: 2.69mg (0.9%), Sodium: 85.14mg (3.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8.01%), Vitamin C: 29.72mg (36.02%), Vitamin K: 18.27µg (17.4%), Fiber: 4.29g (17.16%), Manganese: 0.33mg (16.4%), Vitamin B1: 0.19mg (12.95%), Vitamin A: 639.77IU (12.8%), Folate: 48.64µg (12.16%), Phosphorus: 79.74mg (7.97%), Vitamin B3: 1.54mg (7.7%), Copper: 0.13mg (6.74%), Iron: 1.14mg (6.36%), Magnesium: 25.28mg (6.32%), Vitamin B6: 0.13mg (6.25%), Zinc: 0.92mg (6.11%), Vitamin B2: 0.1mg (5.88%), Potassium: 186.39mg (5.33%), Calcium: 22.62mg (2.26%), Selenium: 1.33µg (1.89%)