



HEALTH SCORE

100%

Marinated Peas and Mushrooms



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound carrots cut into 3-inch pieces
- ☐ 1.5 cups mushroom caps fresh
- ☐ 1 cup peas green shelled
- ☐ 8 small mint leaves
- ☐ 1.5 cups mushrooms
- ☐ 1 teaspoon mustard seeds
- ☐ 1 teaspoon olive oil
- ☐ 12 parsley sprigs

- ☐ 6 pearl onions
- ☐ 1 teaspoon peppercorns mixed
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup tarragon-flavored vinegar
- ☐ 0.5 cup water

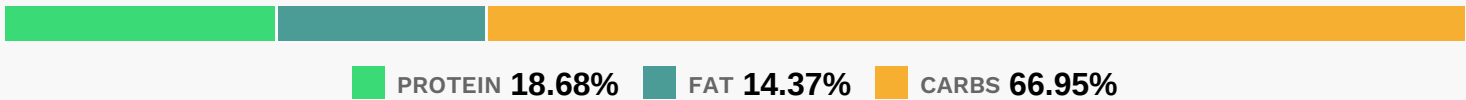
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Drop onions into a saucepan of boiling water; return to a boil.
- ☐ Drain; rinse under cold water.
- ☐ Drain and peel.
- ☐ Heat oil in a nonstick skillet over medium heat.
- ☐ Add onions; saut 5 minutes.
- ☐ Add peas and carrot pieces; saut 5 minutes or until crisp-tender.
- ☐ Remove from heat; stir in mushrooms, parsley, and mint. Spoon vegetable mixture into a shallow dish or glass bowl; set aside.
- ☐ Combine the vinegar and the next 4 ingredients (vinegar through salt) in a small saucepan; bring to a boil.
- ☐ Pour over vegetables; cover and marinate in refrigerator at least 2 hours.
- ☐ Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:74.04, Glycemic Load:5.72, Inflammation Score:-10, Nutrition Score:22.664347917489%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Apigenin: 6.58mg, Apigenin: 6.58mg, Apigenin: 6.58mg, Apigenin: 6.58mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 9.26mg, Quercetin: 9.26mg, Quercetin: 9.26mg, Quercetin: 9.26mg

Nutrients (% of daily need)

Calories: 132.89kcal (6.64%), Fat: 2.21g (3.41%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 23.2g (7.73%), Net Carbohydrates: 15.68g (5.7%), Sugar: 9.48g (10.53%), Cholesterol: 0mg (0%), Sodium: 347.81mg (15.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.94%), Vitamin A: 10094.28IU (201.89%), Vitamin K: 68.3µg (65.05%), Manganese: 0.71mg (35.53%), Vitamin C: 26.61mg (32.26%), Vitamin B3: 6.07mg (30.37%), Fiber: 7.53g (30.11%), Vitamin B2: 0.43mg (25.51%), Vitamin B6: 0.49mg (24.54%), Potassium: 756.78mg (21.62%), Phosphorus: 210.77mg (21.08%), Vitamin B5: 2.1mg (20.98%), Copper: 0.38mg (18.99%), Folate: 68.26µg (17.07%), Selenium: 10.94µg (15.63%), Vitamin B1: 0.21mg (13.86%), Magnesium: 51.94mg (12.99%), Zinc: 1.84mg (12.29%), Iron: 1.81mg (10.05%), Calcium: 60.39mg (6.04%), Vitamin E: 0.65mg (4.33%), Vitamin D: 0.41µg (2.74%)