



## Mashed Peas

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



168 kcal

SIDE DISH

## Ingredients

- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 2 tablespoons butter
- 1 bunch mint leaves fresh
- 1 bunch spring onion chopped
- 2 tablespoons olive oil
- 16 ounce peas frozen
- 6 servings salt and pepper to taste

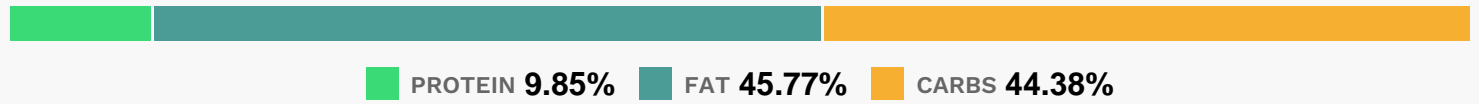
# Equipment

- bowl
- frying pan

# Directions

- Heat the olive oil in a skillet, and cook and stir the frozen peas, mint leaves, and green onions until the peas are hot and tender but still bright green, 7 to 10 minutes.
- Pour the peas into a bowl, and mash until the peas are thoroughly crushed but still slightly chunky. Stir in the butter, brown sugar, and salt and pepper, and mix until the sugar has dissolved.
- Serve warm or cold.

# Nutrition Facts



# Properties

Glycemic Index:21.06, Glycemic Load:2.98, Inflammation Score:-6, Nutrition Score:9.5013043828633%

# 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: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

# Nutrients (% of daily need)

Calories: 168.1kcal (8.4%), Fat: 8.77g (13.49%), Saturated Fat: 3.1g (19.37%), Carbohydrates: 19.13g (6.38%), Net Carbohydrates: 14.66g (5.33%), Sugar: 12.14g (13.49%), Cholesterol: 10.03mg (3.34%), Sodium: 230.76mg (10.03%), Alcohol: 0g (100%), Protein: 4.24g (8.49%), Vitamin C: 31.2mg (37.82%), Vitamin K: 30.16µg (28.73%), Fiber: 4.47g (17.87%), Manganese: 0.33mg (16.49%), Vitamin A: 763.15IU (15.26%), Vitamin B1: 0.2mg (13.6%), Folate: 52.68µg (13.17%), Phosphorus: 85.05mg (8.51%), Vitamin B3: 1.62mg (8.12%), Iron: 1.29mg (7.17%), Copper: 0.14mg (7.12%), Magnesium: 27.1mg (6.77%), Vitamin B6: 0.13mg (6.72%), Zinc: 0.97mg (6.45%), Vitamin B2: 0.11mg (6.26%), Potassium: 211.14mg (6.03%), Vitamin E: 0.9mg (6%), Calcium: 31.33mg (3.13%), Selenium: 1.53µg (2.18%)