



Minted Pea Sauce



Gluten Free

READY IN



26 min.

SERVINGS



6

CALORIES



180 kcal

SAUCE

Ingredients

- ☐ 1.5 cups chicken broth low-sodium homemade canned
- ☐ 0.8 cup mint leaves fresh packed
- ☐ 2.3 cups peas fresh shelled
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 6 servings juice of lemon freshly squeezed
- ☐ 2 tablespoons butter unsalted softened

Equipment

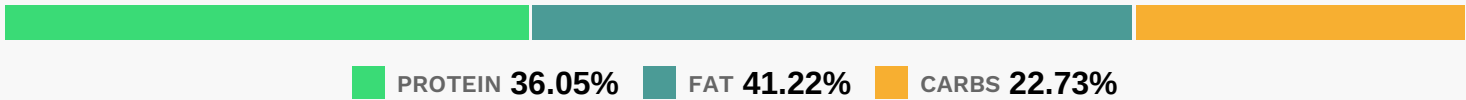
- ☐ sauce pan

- ☐ blender
- ☐ immersion blender

Directions

- ☐ In a 3-quart saucepan bring broth to a boil, and add 2 cups peas and cook, stirring occasionally, until tender, about 4 minutes.
- ☐ Using an immersion blender or standing blender, puree mixture until smooth (use caution when blending hot liquids.
- ☐ Add the mint and butter and blend until smooth. (If using a standard blender return the sauce to the saucepan.) Strain the sauce.
- ☐ Add the remaining 1/4 cup peas and simmer until peas are just tender, about 2 minutes. Season sauce with salt and pepper and add lemon juice, to taste.
- ☐ Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:12.72, Glycemic Load:2.11, Inflammation Score:-7, Nutrition Score:10.519565149494%

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: 2.47mg, Eriodictyol: 2.47mg, Eriodictyol: 2.47mg, Eriodictyol: 2.47mg Hesperetin: 2.74mg, Hesperetin: 2.74mg, Hesperetin: 2.74mg, Hesperetin: 2.74mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 179.8kcal (8.99%), Fat: 8.25g (12.69%), Saturated Fat: 3.61g (22.56%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 6.61g (2.4%), Sugar: 3.46g (3.85%), Cholesterol: 35.66mg (11.89%), Sodium: 252.17mg (10.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.23g (32.45%), Vitamin C: 29.34mg (35.57%), Vitamin A: 863.7IU (17.27%), Manganese: 0.3mg (15.19%), Selenium: 10.48µg (14.96%), Fiber: 3.62g (14.48%), Vitamin K: 15.15µg (14.43%), Phosphorus: 143.72mg (14.37%), Zinc: 2.03mg (13.54%), Vitamin B3: 2.48mg (12.4%), Folate: 45.94µg (11.48%), Vitamin B1: 0.15mg (10.21%), Vitamin B6: 0.2mg (10.19%), Iron: 1.77mg (9.86%), Vitamin B12: 0.52µg (8.67%),

Vitamin B2: 0.14mg (8.35%), Magnesium: 33.35mg (8.34%), Potassium: 260.99mg (7.46%), Copper: 0.14mg (7.22%), Calcium: 36.9mg (3.69%), Vitamin E: 0.37mg (2.44%), Vitamin B5: 0.1mg (1.02%)