



Minted Peas and Carrots



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup carrots diced
- ☐ 1 tablespoon mint leaves fresh minced
- ☐ 0.3 cup green onions chopped
- ☐ 1.8 pounds peas fresh green shelled
- ☐ 2 teaspoons butter
- ☐ 1.5 cups mushrooms sliced
- ☐ 0.3 teaspoon salt

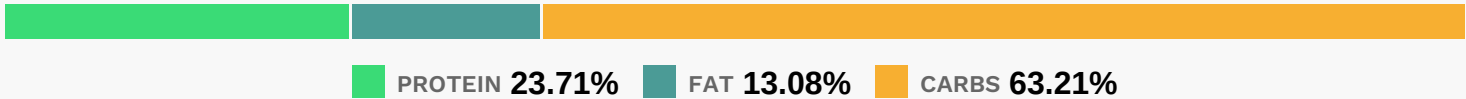
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring 3 cups water to a boil in a medium saucepan.
- ☐ Add peas and carrot; cook 10 minutes or until tender.
- ☐ Drain; set aside.
- ☐ Melt margarine in pan over medium heat.
- ☐ Add mushrooms and green onions; saut 2 minutes.
- ☐ Add pea mixture, mint, and salt; saut 2 minutes.

Nutrition Facts



Properties

Glycemic Index:51.72, Glycemic Load:11.7, Inflammation Score:-10, Nutrition Score:35.414347855941%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 265.8kcal (13.29%), Fat: 4.01g (6.17%), Saturated Fat: 0.79g (4.91%), Carbohydrates: 43.62g (14.54%), Net Carbohydrates: 26.81g (9.75%), Sugar: 17.66g (19.63%), Cholesterol: 0mg (0%), Sodium: 264.78mg (11.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.37g (32.73%), Vitamin A: 7643.19IU (152.86%), Vitamin C: 110.84mg (134.35%), Vitamin K: 87.09µg (82.95%), Fiber: 16.81g (67.23%), Manganese: 1.19mg (59.33%), Vitamin B1: 0.77mg (51.34%), Folate: 193.49µg (48.37%), Vitamin B3: 7.65mg (38.25%), Phosphorus: 343.31mg (34.33%), Vitamin B2: 0.57mg (33.71%), Copper: 0.65mg (32.26%), Vitamin B6: 0.55mg (27.44%), Potassium: 934.58mg (26.7%), Magnesium: 98.58mg (24.65%), Iron: 4.44mg (24.64%), Zinc: 3.66mg (24.39%), Selenium: 9.31µg (13.3%), Vitamin B5: 1.1mg (10.96%), Calcium: 89.32mg (8.93%), Vitamin E: 0.71mg (4.73%)