



Minty Mushy Peas



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



170 kcal

SIDE DISH

Ingredients

- ☐ 2 large knobs butter
- ☐ 1 handful mint leaves fresh leaves picked
- ☐ 2 tablespoons olive oil
- ☐ 500 grams peas frozen
- ☐ 4 servings sea salt and pepper black freshly ground
- ☐ 1 bunch spring onion chopped

Equipment

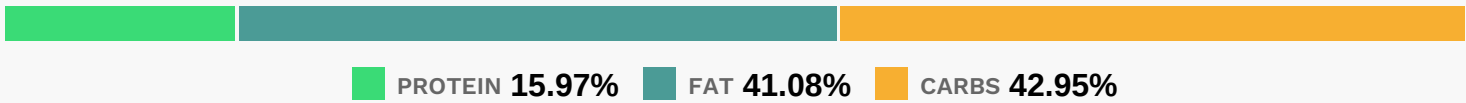
- ☐ food processor

- ☐ frying pan
- ☐ potato masher

Directions

☐ Heat the oil in a pan and add the chopped onions, mint, and peas. Cover and leave for a few minutes to steam. Mash with a potato masher. You can do this with a food processor as well, just pulse it until smooth. Whether mashing or pulsing, when it's done add the butter and season very carefully, to taste.

Nutrition Facts



Properties

Glycemic Index:39.58, Glycemic Load:4.92, Inflammation Score:-8, Nutrition Score:15.156086906548%

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: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 169.59kcal (8.48%), Fat: 7.93g (12.2%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 18.65g (6.22%), Net Carbohydrates: 11.27g (4.1%), Sugar: 7.23g (8.03%), Cholesterol: 1.08mg (0.36%), Sodium: 10.9mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.87%), Vitamin C: 51.45mg (62.36%), Vitamin K: 47.83µg (45.55%), Fiber: 7.39g (29.55%), Manganese: 0.55mg (27.33%), Vitamin B1: 0.34mg (22.45%), Folate: 86.26µg (21.57%), Vitamin A: 1071.59IU (21.43%), Phosphorus: 138.23mg (13.82%), Vitamin B3: 2.66mg (13.31%), Copper: 0.23mg (11.48%), Iron: 2.03mg (11.26%), Magnesium: 43.43mg (10.86%), Vitamin B6: 0.22mg (10.83%), Zinc: 1.59mg (10.57%), Vitamin B2: 0.17mg (10.17%), Potassium: 328.77mg (9.39%), Vitamin E: 1.22mg (8.11%), Calcium: 38.63mg (3.86%), Selenium: 2.3µg (3.28%), Vitamin B5: 0.14mg (1.4%)