



 17%  
HEALTH SCORE

## Nuttin' Honey Peas

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

### Ingredients

- 4 tablespoons butter (not margarine)
- 2 tablespoons honey
- 20 ounces peas frozen
- 4 tablespoons pecans chopped
- 8 servings salt and pepper

### Equipment

### Nutrition Facts

PROTEIN 10.66% FAT 52.13% CARBS 37.21%

## Properties

Glycemic Index:13.33, Glycemic Load:5.01, Inflammation Score:-7, Nutrition Score:9.2517391304348%

## Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg

## Nutrients (% of daily need)

Calories: 158.25kcal (7.91%), Fat: 9.52g (14.64%), Saturated Fat: 1.53g (9.55%), Carbohydrates: 15.29g (5.1%), Net Carbohydrates: 10.76g (3.91%), Sugar: 8.53g (9.47%), Cholesterol: 0mg (0%), Sodium: 263.55mg (11.46%), Protein: 4.38g (8.76%), Vitamin C: 28.44mg (34.48%), Manganese: 0.52mg (26.01%), Fiber: 4.53g (18.12%), Vitamin K: 17.75µg (16.91%), Vitamin A: 795.37IU (15.91%), Vitamin B1: 0.22mg (14.81%), Folate: 47.34µg (11.84%), Copper: 0.19mg (9.34%), Phosphorus: 92.21mg (9.22%), Vitamin B3: 1.55mg (7.74%), Zinc: 1.12mg (7.45%), Magnesium: 29.76mg (7.44%), Iron: 1.19mg (6.62%), Vitamin B6: 0.13mg (6.61%), Vitamin B2: 0.1mg (6.16%), Potassium: 199.14mg (5.69%), Vitamin E: 0.38mg (2.53%), Calcium: 23.75mg (2.38%), Selenium: 1.51µg (2.15%), Vitamin B5: 0.13mg (1.26%)