



Pea and Mint Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons mint leaves fresh packed
- ☐ 1 cup peas fresh shelled (see Notes)
- ☐ 1.5 teaspoons juice of lemon
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 tablespoon jalapeno fresh green red seeded chopped
- ☐ 3 servings pepper black freshly ground

Equipment

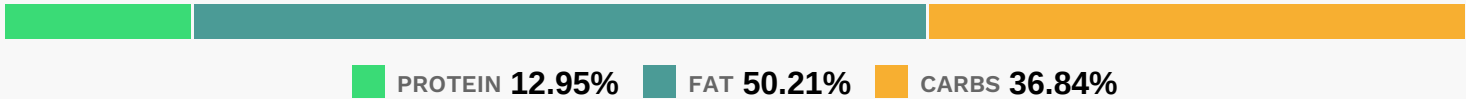
- ☐ food processor

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Blanch peas in a saucepan of boiling water for 30 seconds, drain, and transfer to a bowl of ice water to stop the cooking.
- ☐ Drain and pat dry.
- ☐ Whirl mint in a food processor to finely chop.
- ☐ Add peas, chile, olive oil, and lemon juice. Pulse until finely chopped. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:40.44, Glycemic Load:2.04, Inflammation Score:-5, Nutrition Score:6.9413043208744%

Flavonoids

Eriodictyol: 1.15mg, Eriodictyol: 1.15mg, Eriodictyol: 1.15mg, Eriodictyol: 1.15mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 85.51kcal (4.28%), Fat: 4.92g (7.57%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 5g (1.82%), Sugar: 3.07g (3.41%), Cholesterol: 0mg (0%), Sodium: 4.03mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.71%), Vitamin C: 28.44mg (34.48%), Vitamin K: 15.65µg (14.9%), Manganese: 0.26mg (12.98%), Fiber: 3.13g (12.51%), Vitamin A: 558.97IU (11.18%), Folate: 36.87µg (9.22%), Vitamin B1: 0.14mg (9.04%), Phosphorus: 57.11mg (5.71%), Vitamin B3: 1.13mg (5.66%), Vitamin B6: 0.11mg (5.62%), Iron: 0.97mg (5.38%), Copper: 0.1mg (5.21%), Vitamin E: 0.77mg (5.16%), Magnesium: 20.07mg (5.02%), Vitamin B2: 0.08mg (4.56%), Potassium: 156.72mg (4.48%), Zinc: 0.65mg (4.34%), Calcium: 21.51mg (2.15%), Selenium: 0.9µg (1.29%)