



Pea & potato crush

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



224 kcal

SIDE DISH

Ingredients

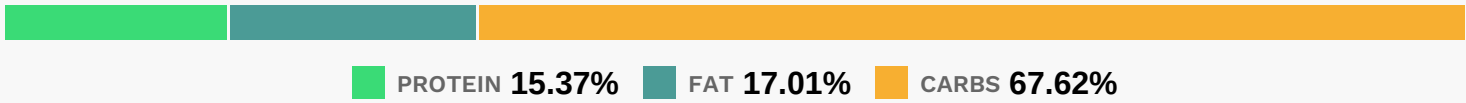
- ☐ 700 g potatoes cut into cubes
- ☐ 140 g pea frozen
- ☐ 50 ml crème fraîche
- ☐ 25 g parmesan grated (or vegetarian alternative)

Equipment

Directions

- ☐
- Boil the potatoes for 10 mins.
- ☐
- Add the peas, cook for 4 mins more, then drain. Mash together lightly with the crme frache and Parmesan, then serve.

Nutrition Facts



Properties

Glycemic Index:37.94, Glycemic Load:24.48, Inflammation Score:-5, Nutrition Score:13.152608724392%

Flavonoids

Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 223.91kcal (11.2%), Fat: 4.31g (6.64%), Saturated Fat: 2.35g (14.67%), Carbohydrates: 38.6g (12.87%), Net Carbohydrates: 32.48g (11.81%), Sugar: 2.98g (3.32%), Cholesterol: 11.42mg (3.81%), Sodium: 115.79mg (5.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.54%), Vitamin C: 34.72mg (42.09%), Vitamin B6: 0.56mg (28.1%), Folate: 101.97µg (25.49%), Fiber: 6.13g (24.5%), Potassium: 854.99mg (24.43%), Manganese: 0.44mg (21.83%), Phosphorus: 206.96mg (20.7%), Magnesium: 62.77mg (15.69%), Vitamin B1: 0.22mg (14.37%), Copper: 0.29mg (14.35%), Iron: 2.3mg (12.8%), Calcium: 115.67mg (11.57%), Vitamin B3: 2.05mg (10.23%), Zinc: 1.17mg (7.81%), Vitamin B5: 0.73mg (7.31%), Vitamin B2: 0.12mg (6.85%), Selenium: 3.26µg (4.65%), Vitamin K: 4.21µg (4.01%), Vitamin A: 133.27IU (2.67%), Vitamin B12: 0.1µg (1.68%), Vitamin E: 0.18mg (1.17%)