



Pea Puree

 Gluten Free

READY IN



15 min.

SERVINGS



1

CALORIES



163 kcal

SIDE DISH

Ingredients

- 1 tablespoons crème fraîche
- 0.5 teaspoon mint leaves dried
- 1 clove garlic
- 1 tablespoons parmesan grated
- 5 ounces peas frozen
- 1 serving salt

Equipment

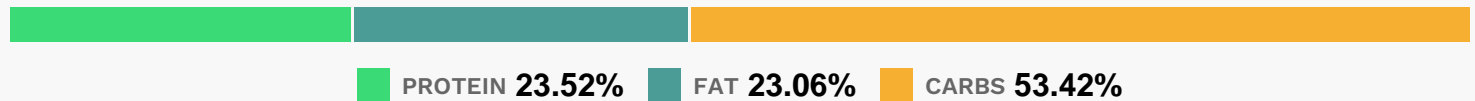
- food processor

- bowl
- frying pan
- blender

Directions

- Special equipment: Food processor
- Fill a pan with cold water and throw in the clove of garlic. Bring to the boil and then add salt and the peas. Cook until tender, drain, and put into a food processor, or blender, and add the creme fraiche, cheese, and dried mint. Puree the peas until knobbly and check the seasoning, adding salt if you need to. Tip the pureed peas into a bowl (or back in the pan is probably a better idea) and cover to keep them warm.

Nutrition Facts



Properties

Glycemic Index:101.33, Glycemic Load:5.8, Inflammation Score:-8, Nutrition Score:17.109130203076%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 163.11kcal (8.16%), Fat: 4.27g (6.57%), Saturated Fat: 2.17g (13.59%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 14.05g (5.11%), Sugar: 8.51g (9.46%), Cholesterol: 12.28mg (4.09%), Sodium: 265.97mg (11.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.81g (19.61%), Vitamin C: 57.74mg (69.99%), Vitamin K: 35.49µg (33.8%), Manganese: 0.66mg (33.14%), Fiber: 8.22g (32.87%), Vitamin B1: 0.39mg (25.87%), Vitamin A: 1206.6IU (24.13%), Folate: 94.62µg (23.66%), Phosphorus: 205.49mg (20.55%), Vitamin B3: 3.01mg (15.07%), Vitamin B6: 0.29mg (14.62%), Vitamin B2: 0.23mg (13.68%), Iron: 2.4mg (13.34%), Copper: 0.27mg (13.31%), Zinc: 1.97mg (13.12%), Magnesium: 52.29mg (13.07%), Calcium: 110.03mg (11%), Potassium: 382.04mg (10.92%), Selenium: 4.15µg (5.92%), Vitamin B5: 0.23mg (2.3%), Vitamin E: 0.24mg (1.63%), Vitamin B12: 0.08µg (1.35%)