



Peas and Pods



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



89 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons butter softened
- ☐ 2 tablespoons mint leaves fresh finely chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 cups peas fresh green thawed
- ☐ 0.8 pound sugar snap peas trimmed

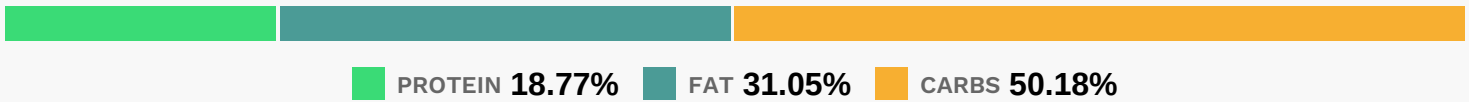
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Steam snap peas, covered, 2 minutes.
- ☐ Add green peas to pan; steam 2 minutes.
- ☐ Combine peas, butter, and salt in a large bowl; toss gently to coat.
- ☐ Sprinkle with mint.
- ☐ Serve spoonfuls in a small bowl or on a rimmed plate.
- ☐ Cut the sugar snap peas into bite-sized pieces. Omit mint, if desired.
- ☐ Nutrition Note: Peas
- ☐ Peas are bursting with nutrients. They're packed with protein and fiber plus an assortment of vitamins and minerals, including vitamins C and A and folate.

Nutrition Facts



Properties

Glycemic Index:15.72, Glycemic Load:1.87, Inflammation Score:-8, Nutrition Score:11.261304201315%

Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg

Nutrients (% of daily need)

Calories: 89.23kcal (4.46%), Fat: 3.16g (4.86%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 11.49g (3.83%), Net Carbohydrates: 7.13g (2.59%), Sugar: 5.01g (5.57%), Cholesterol: 7.53mg (2.51%), Sodium: 124.6mg (5.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Vitamin C: 53.88mg (65.31%), Vitamin K: 26.41µg (25.15%), Vitamin A: 1144.33IU (22.89%), Manganese: 0.36mg (17.82%), Fiber: 4.36g (17.45%), Vitamin B1: 0.22mg (14.34%), Folate: 57.24µg (14.31%), Iron: 1.98mg (10.98%), Vitamin B6: 0.17mg (8.73%), Phosphorus: 84.31mg (8.43%), Magnesium: 30.96mg (7.74%), Potassium: 241.67mg (6.9%), Vitamin B3: 1.38mg (6.9%), Copper: 0.14mg (6.77%), Vitamin B2: 0.11mg (6.75%), Zinc: 0.77mg (5.16%), Vitamin B5: 0.49mg (4.85%), Calcium: 41.41mg (4.14%), Vitamin E: 0.37mg (2.43%), Selenium: 1.3µg (1.86%)