



Peas and Potatoes with Bay Leaves and Black Pepper

 Vegetarian  Gluten Free  Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



176 kcal

SIDE DISH

Ingredients

- 2 mediterranean bay leaves dried
- 5 tablespoons butter softened
- 5 cups peas fresh frozen shelled
- 8 servings kosher salt
- 0.5 teaspoon pepper
- 1 lb thin-skinned potatoes red yellow scrubbed

Equipment

sauce pan

pot

Directions

Put potatoes in a large heavy saucepan with bay leaves, salt to taste, and enough water to barely cover. Bring to a boil, covered. Reduce heat and simmer potatoes until just tender, 10 to 15 minutes.

Drain all but 1/4 cup water from potatoes.

Add peas (rinse with cold water if frozen) and salt to taste. Cook over medium-heat until peas are just tender and warmed through, about 7 minutes for fresh peas and 5 for frozen.

Drain. Stir in half of butter and grind in pepper.

Serve hot, topped with remaining butter.

Make ahead: For potatoes, a few hours (keep them in the pot and tip out most of the water).

Add peas and reheat.

*Mediterranean bay leaves, the traditional type used in cooking, have an oval shape and milder flavor than California bay leaves, which are long and pointed and have a pungent flavor.

Nutrition Facts



PROTEIN 13.43% **FAT 37.54%** **CARBS 49.03%**

Properties

Glycemic Index:15.79, Glycemic Load:3.51, Inflammation Score:-7, Nutrition Score:12.600869686707%

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 Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 176.23kcal (8.81%), Fat: 7.54g (11.61%), Saturated Fat: 4.58g (28.65%), Carbohydrates: 22.17g (7.39%), Net Carbohydrates: 16g (5.82%), Sugar: 5.88g (6.53%), Cholesterol: 18.81mg (6.27%), Sodium: 264.82mg (11.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.15%), Vitamin C: 41.14mg (49.86%), Fiber: 6.17g (24.67%), Vitamin K: 24.94µg (23.75%), Manganese: 0.47mg (23.5%), Vitamin B1: 0.29mg (19.17%), Vitamin A: 918.14IU (18.36%), Folate: 69.44µg (17.36%), Potassium: 483.04mg (13.8%), Phosphorus: 134.79mg (13.48%), Vitamin

B3: 2.55mg (12.76%), Vitamin B6: 0.25mg (12.53%), Copper: 0.24mg (11.87%), Magnesium: 42.8mg (10.7%), Iron: 1.77mg (9.85%), Zinc: 1.32mg (8.81%), Vitamin B2: 0.14mg (8.27%), Calcium: 31.31mg (3.13%), Selenium: 2.01µg (2.87%), Vitamin B5: 0.26mg (2.64%), Vitamin E: 0.33mg (2.19%)