



Peas and Tender Lettuce with Mint Butter

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons mint leaves fresh chopped
- 2 cups peas fresh green shelled (2 pounds unshelled peas)
- 4 cups romaine lettuce shredded
- 0.5 teaspoon sea salt fine
- 2 tablespoons butter unsalted softened
- 3 tablespoons water

Equipment

- bowl

frying pan

sauce pan

Directions

Combine mint and butter in a small bowl; set aside.

Bring 3 tablespoons water and salt to a boil in a saucepan.

Add peas to pan; cover, reduce heat, and simmer 5 minutes. Top peas with lettuce; cover and cook 1 to 2 minutes or until lettuce wilts.

Remove from heat; stir in butter mixture.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.08, Glycemic Load:2.8, Inflammation Score:-10, Nutrition Score:16.173478230834%

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 Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 118.65kcal (5.93%), Fat: 6.13g (9.43%), Saturated Fat: 3.67g (22.95%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 7.04g (2.56%), Sugar: 4.67g (5.19%), Cholesterol: 15.05mg (5.02%), Sodium: 300.18mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.32%), Vitamin A: 4929.46IU (98.59%), Vitamin K: 66.64µg (63.47%), Vitamin C: 31.67mg (38.39%), Folate: 114.11µg (28.53%), Fiber: 5.32g (21.28%), Manganese: 0.4mg (20.03%), Vitamin B1: 0.23mg (15.27%), Phosphorus: 95.9mg (9.59%), Iron: 1.65mg (9.18%), Potassium: 308.95mg (8.83%), Vitamin B3: 1.71mg (8.54%), Magnesium: 32.76mg (8.19%), Copper: 0.16mg (8.08%), Vitamin B6: 0.16mg (8.04%), Vitamin B2: 0.14mg (8.01%), Zinc: 1.04mg (6.95%), Calcium: 41.91mg (4.19%), Selenium: 1.56µg (2.23%), Vitamin E: 0.32mg (2.12%), Vitamin B5: 0.16mg (1.58%)