



## Peas With Lemon and Tarragon

 Vegetarian  Gluten Free  Low Fod Map

READY IN



13 min.

SERVINGS



4

CALORIES



148 kcal

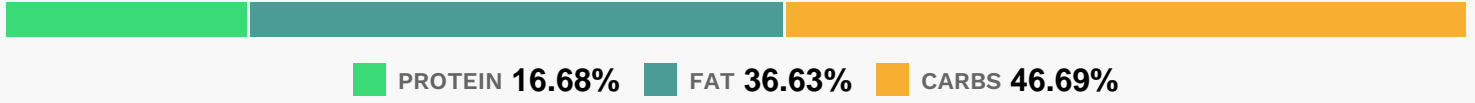
SIDE DISH

### Ingredients

- 16 ounces peas frozen
- 2 tablespoons butter
- 1 teaspoon tarragon dried fresh chopped (or)
- 1 teaspoon juice of lemon
- 0.5 teaspoon lemon zest grated
- 0.5 teaspoon salt
- 4 servings salt and pepper
- 1 teaspoon sugar

# Equipment

## Nutrition Facts



## Properties

Glycemic Index:58.61, Glycemic Load:5.22, Inflammation Score:-8, Nutrition Score:12.963913043478%

## 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: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 147.76kcal (7.39%), Fat: 6.17g (9.5%), Saturated Fat: 3.69g (23.05%), Carbohydrates: 17.71g (5.9%), Net Carbohydrates: 11.18g (4.06%), Sugar: 7.47g (8.3%), Cholesterol: 15.05mg (5.02%), Sodium: 535.5mg (23.28%), Protein: 6.33g (12.66%), Vitamin C: 46.42mg (56.26%), Vitamin K: 28.61µg (27.25%), Fiber: 6.53g (26.12%), Manganese: 0.51mg (25.31%), Vitamin A: 1063.63IU (21.27%), Vitamin B1: 0.3mg (20.25%), Folate: 75.57µg (18.89%), Phosphorus: 125.84mg (12.58%), Vitamin B3: 2.42mg (12.1%), Vitamin B6: 0.2mg (10.25%), Iron: 1.84mg (10.21%), Copper: 0.2mg (10.19%), Magnesium: 39.42mg (9.86%), Zinc: 1.43mg (9.56%), Vitamin B2: 0.16mg (9.37%), Potassium: 295.28mg (8.44%), Calcium: 36.44mg (3.64%), Selenium: 2.14µg (3.06%), Vitamin E: 0.31mg (2.08%), Vitamin B5: 0.13mg (1.28%)