



Peas with Mushrooms and Thyme

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



54 kcal

SIDE DISH

Ingredients

- 1 tablespoon vegetable oil
- 0.5 cup onion diced
- 1 cup mushrooms fresh sliced
- 16 oz garden peas frozen organic cascadian farm®
- 0.3 teaspoon coarse salt (kosher or sea salt)
- 0.1 teaspoon pepper white
- 1 teaspoon thyme leaves dried fresh chopped

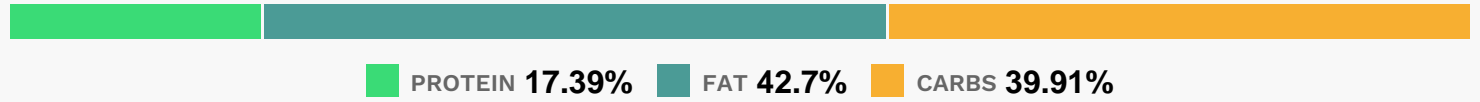
Equipment

frying pan

Directions

- In 10-inch skillet, heat oil over medium heat. Cook onion and mushrooms in oil 3 minutes, stirring occasionally. Stir in peas. Cook 3 to 5 minutes, stirring occasionally, until tender.
- Sprinkle with salt, pepper and thyme.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:0.41, Inflammation Score:-10, Nutrition Score:18.092173853646%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 9.91mg, Kaempferol: 9.91mg, Kaempferol: 9.91mg, Kaempferol: 9.91mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 53.54kcal (2.68%), Fat: 2.87g (4.42%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 4.76g (1.73%), Sugar: 4.21g (4.68%), Cholesterol: 0mg (0%), Sodium: 108.84mg (4.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.26%), Vitamin K: 413.97µg (394.25%), Vitamin A: 5245.27IU (104.91%), Vitamin C: 54.03mg (65.49%), Manganese: 0.45mg (22.53%), Folate: 65.89µg (16.47%), Vitamin B2: 0.27mg (15.65%), Potassium: 530.56mg (15.16%), Vitamin B6: 0.22mg (11.03%), Copper: 0.19mg (9.35%), Magnesium: 32.07mg (8.02%), Phosphorus: 75.51mg (7.55%), Vitamin B3: 1.36mg (6.78%), Calcium: 66.3mg (6.63%), Iron: 1.16mg (6.42%), Vitamin B1: 0.08mg (5.32%), Fiber: 1.28g (5.1%), Vitamin E: 0.72mg (4.79%), Vitamin B5: 0.44mg (4.4%), Selenium: 2.24µg (3.2%), Zinc: 0.29mg (1.91%)