



## Peas with Mushrooms and Thyme

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



90 kcal

SIDE DISH

### Ingredients

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

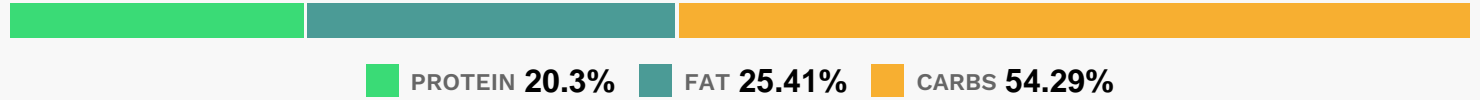
### Equipment

- 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:17.22, Glycemic Load:3.31, Inflammation Score:-6, Nutrition Score:9.7326087096463%

## 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 Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 90.25kcal (4.51%), Fat: 2.64g (4.06%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 12.68g (4.23%), Net Carbohydrates: 7.97g (2.9%), Sugar: 5.17g (5.74%), Cholesterol: 0mg (0%), Sodium: 102.01mg (4.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.49%), Vitamin C: 31.57mg (38.27%), Vitamin K: 22.97µg (21.88%), Fiber: 4.71g (18.83%), Manganese: 0.34mg (16.84%), Vitamin B1: 0.22mg (14.68%), Folate: 54.4µg (13.6%), Vitamin A: 578.6IU (11.57%), Vitamin B3: 2.17mg (10.87%), Phosphorus: 99.35mg (9.93%), Vitamin B2: 0.17mg (9.87%), Copper: 0.19mg (9.48%), Vitamin B6: 0.16mg (8.02%), Potassium: 254.86mg (7.28%), Zinc: 1.04mg (6.96%), Magnesium: 27.76mg (6.94%), Iron: 1.23mg (6.81%), Selenium: 2.92µg (4.17%), Vitamin B5: 0.33mg (3.35%), Calcium: 22.62mg (2.26%), Vitamin E: 0.29mg (1.92%)