



Peas with shallots & lettuce



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



161 kcal

SIDE DISH

Ingredients

- ☐ 25 g butter
- ☐ 12 small shallots
- ☐ 100 ml vegetable stock
- ☐ 300 g peas frozen
- ☐ 1 baby gem lettuce shredded

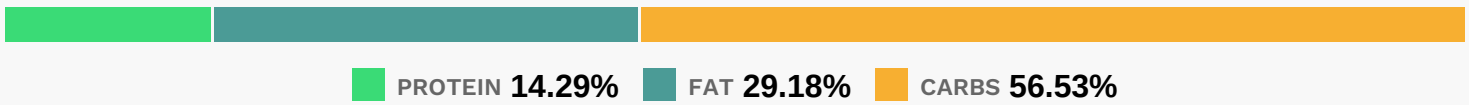
Equipment

- ☐ frying pan

Directions

- ☐ Melt the butter in a large frying pan, then cook the shallots for 10 mins until softened and turning golden.
- ☐ Pour in the stock and bring to the boil, then throw in the peas and cook for 2 mins more until tender.
- ☐ Add the shredded lettuce, season, then allow the heat of the pan to wilt the lettuce.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:6.1, Inflammation Score:-7, Nutrition Score:12.144347701384%

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: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 160.84kcal (8.04%), Fat: 5.44g (8.38%), Saturated Fat: 3.28g (20.49%), Carbohydrates: 23.73g (7.91%), Net Carbohydrates: 17.05g (6.2%), Sugar: 10.37g (11.52%), Cholesterol: 13.44mg (4.48%), Sodium: 152.34mg (6.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6g (11.99%), Vitamin C: 36.02mg (43.66%), Fiber: 6.68g (26.71%), Manganese: 0.53mg (26.36%), Vitamin B6: 0.39mg (19.3%), Vitamin K: 19.95µg (19%), Folate: 74.53µg (18.63%), Vitamin B1: 0.25mg (16.33%), Vitamin A: 804.34IU (16.09%), Phosphorus: 127.57mg (12.76%), Potassium: 435.48mg (12.44%), Iron: 2.01mg (11.14%), Magnesium: 40.66mg (10.16%), Copper: 0.2mg (9.9%), Vitamin B3: 1.72mg (8.61%), Zinc: 1.24mg (8.24%), Vitamin B2: 0.12mg (6.84%), Calcium: 48.09mg (4.81%), Selenium: 2.31µg (3.31%), Vitamin B5: 0.3mg (3.03%), Vitamin E: 0.27mg (1.82%)