



Peas with Spinach and Shallots



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



132 kcal

SIDE DISH

Ingredients

- ☐ 5 oz baby spinach
- ☐ 0.3 teaspoon pepper black
- ☐ 2 garlic cloves thinly sliced
- ☐ 10 oz peas frozen
- ☐ 0.8 teaspoon salt
- ☐ 2 medium shallots thinly sliced
- ☐ 1 tablespoon butter unsalted
- ☐ 1 tablespoon vegetable oil

☐ 0.3 cup water

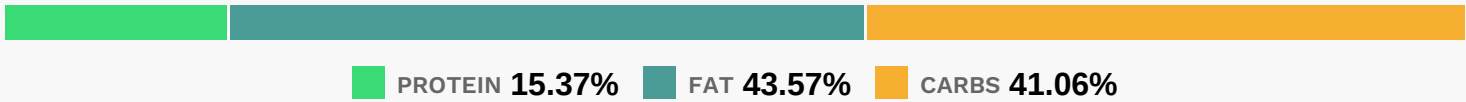
Equipment

☐ frying pan

Directions

- ☐ Cook shallots and garlic in oil and butter in a 12-inch nonstick skillet over moderate heat, stirring, until soft, about 6 minutes.
- ☐ Stir in peas and water and cook, covered, stirring occasionally, until peas are tender, about 5 minutes.
- ☐ Stir in spinach, salt, and pepper and cook, tossing, until spinach is just wilted, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:42.08, Glycemic Load:3.56, Inflammation Score:-10, Nutrition Score:19.278695705468%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 132.26kcal (6.61%), Fat: 6.68g (10.28%), Saturated Fat: 2.39g (14.96%), Carbohydrates: 14.17g (4.72%), Net Carbohydrates: 8.89g (3.23%), Sugar: 5.17g (5.74%), Cholesterol: 7.53mg (2.51%), Sodium: 470.47mg (20.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.61%), Vitamin K: 195.56µg (186.25%), Vitamin A: 3953.89IU (79.08%), Vitamin C: 39.78mg (48.21%), Manganese: 0.69mg (34.36%), Folate: 119.24µg (29.81%), Fiber: 5.28g (21.13%), Vitamin B1: 0.23mg (15.13%), Magnesium: 54.83mg (13.71%), Vitamin B6: 0.25mg (12.55%), Iron: 2.19mg (12.19%), Potassium: 421.03mg (12.03%), Phosphorus: 104.74mg (10.47%), Vitamin B2: 0.17mg (9.77%), Copper: 0.19mg (9.56%), Vitamin B3: 1.78mg (8.88%), Vitamin E: 1.18mg (7.86%), Zinc: 1.14mg (7.61%), Calcium: 62.25mg (6.22%), Selenium: 2.04µg (2.91%), Vitamin B5: 0.15mg (1.48%)