



Russian Peas

 Vegetarian

READY IN



100 min.

SERVINGS



8

CALORIES



49 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 1 tablespoon parsley dried
- 1 teaspoon flour all-purpose or as needed
- 0.5 cup peas dried whole
- 1 teaspoon salt
- 4 cups water cold
- 1 teaspoon sugar white

Equipment

pot

Directions

- Place peas with cold water in a pot; leave to soak for 24 to 48 hours.
- Bring peas to a boil in the soaking water. Reduce heat to low and simmer until peas are very soft, stirring occasionally, about 1 1/2 hours, adding water if needed.
- Stir butter, salt, sugar, and parsley into peas. For thicker peas, add flour and cook and stir until thick, about 5 minutes.

Nutrition Facts

 **PROTEIN 5.04%**  **FAT 77.9%**  **CARBS 17.06%**

Properties

Glycemic Index:29.93, Glycemic Load:0.84, Inflammation Score:-2, Nutrition Score:1.621304348759%

Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg

Nutrients (% of daily need)

Calories: 48.55kcal (2.43%), Fat: 4.31g (6.63%), Saturated Fat: 2.71g (16.93%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 1.53g (0.56%), Sugar: 1.03g (1.15%), Cholesterol: 11.29mg (3.76%), Sodium: 331.95mg (14.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin K: 6.01µg (5.73%), Vitamin C: 3.94mg (4.77%), Vitamin A: 205.37IU (4.11%), Manganese: 0.06mg (3.21%), Fiber: 0.59g (2.36%), Copper: 0.04mg (1.87%), Vitamin B1: 0.03mg (1.79%), Folate: 6.96µg (1.74%), Magnesium: 5.34mg (1.34%), Phosphorus: 12.41mg (1.24%), Vitamin B2: 0.02mg (1.24%), Vitamin B3: 0.23mg (1.16%), Iron: 0.2mg (1.13%), Vitamin E: 0.16mg (1.04%), Calcium: 10.15mg (1.01%)