



Sautéed Peas and Ham

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



10

CALORIES



117 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black as needed freshly ground plus more
- 1 teaspoon kosher salt as needed plus more
- 1 teaspoon juice of lemon as needed freshly squeezed plus more
- 1 teaspoon lemon zest packed finely grated (from 1 lemon)
- 0.5 cup onion yellow () (3 to 4 medium)
- 2 pound peas frozen
- 4 tablespoons butter unsalted ()
- 0.3 cup water

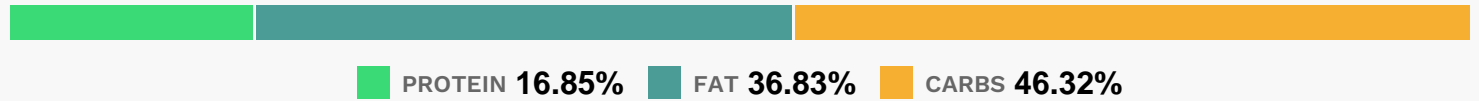
Equipment

frying pan

Directions

- Heat a large frying pan with a tightfitting lid over medium heat until hot, about 3 minutes.
- Add 2 tablespoons of the butter and swirl to melt and coat the pan.
- Add the onions or shallots, 1/2 teaspoon of the salt, and the pepper and cook, stirring occasionally, until the onions are softened, about 4 to 5 minutes.
- Add the ham and cook, stirring occasionally, until some fat renders, about 3 minutes. Increase the heat to high, add the peas, water, and remaining 1/2 teaspoon salt, and stir to combine. Cook, covered, stirring every few minutes, until the peas are just cooked through, about 6 minutes.
- Remove from heat, add the remaining 2 tablespoons butter, lemon zest, and lemon juice, and stir to combine. Taste and season with additional salt, pepper, or lemon juice as needed.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:3.67, Inflammation Score:-7, Nutrition Score:10.35391310894%

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 Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 117.16kcal (5.86%), Fat: 4.92g (7.56%), Saturated Fat: 2.95g (18.41%), Carbohydrates: 13.91g (4.64%), Net Carbohydrates: 8.57g (3.12%), Sugar: 5.51g (6.12%), Cholesterol: 12.04mg (4.01%), Sodium: 238.34mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.12%), Vitamin C: 37.33mg (45.25%), Vitamin K: 23µg

(21.91%), Fiber: 5.34g (21.37%), Manganese: 0.39mg (19.48%), Vitamin A: 834.5IU (16.69%), Vitamin B1: 0.25mg (16.37%), Folate: 60.79µg (15.2%), Phosphorus: 101.78mg (10.18%), Vitamin B3: 1.91mg (9.55%), Copper: 0.17mg (8.29%), Vitamin B6: 0.16mg (8.19%), Magnesium: 31.06mg (7.76%), Zinc: 1.15mg (7.64%), Iron: 1.36mg (7.56%), Vitamin B2: 0.12mg (7.3%), Potassium: 235.92mg (6.74%), Calcium: 26.7mg (2.67%), Selenium: 1.73µg (2.48%), Vitamin E: 0.25mg (1.67%), Vitamin B5: 0.11mg (1.12%)