



HEALTH SCORE

78%

Sauteed Peas and Small Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons olive oil
- ☐ 0.8 pound peas fresh
- ☐ 2 pounds potato red boiling (preferably)
- ☐ 0.5 pound sugar snap peas

Equipment

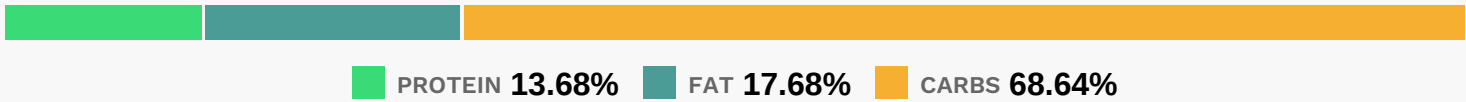
- ☐ frying pan
- ☐ sauce pan
- ☐ knife

- ☐ ziploc bags
- ☐ colander

Directions

- ☐ In a 4-quart saucepan cover potatoes with salted cold water by 1 inch and simmer 10 minutes, or until potatoes are tender when pierced with a sharp knife.
- ☐ Drain potatoes in a colander. Potatoes may be cooked 1 day ahead and cooled before being chilled in a sealable plastic bag. Bring potatoes to room temperature before proceeding.
- ☐ Shell peas if using fresh and trim sugar snap peas. In a large skillet heat oil over moderately high heat until hot but not smoking and sauté all vegetables, stirring frequently, until sugar snaps are crisp-tender and potatoes are heated through, about 4 minutes. Season vegetables with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:7.39, Glycemic Load:2.19, Inflammation Score:-8, Nutrition Score:16.380869430044%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 198.58kcal (9.93%), Fat: 4.01g (6.18%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 35.06g (11.69%), Net Carbohydrates: 28.27g (10.28%), Sugar: 6.68g (7.42%), Cholesterol: 0mg (0%), Sodium: 31.63mg (1.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.98%), Vitamin C: 58.36mg (70.74%), Vitamin K: 30µg (28.57%), Fiber: 6.78g (27.14%), Manganese: 0.54mg (26.89%), Potassium: 901.93mg (25.77%), Vitamin B1: 0.33mg (22%), Vitamin B6: 0.41mg (20.67%), Folate: 79.95µg (19.99%), Phosphorus: 173.5mg (17.35%), Vitamin A: 855.21IU (17.1%), Copper: 0.33mg (16.61%), Vitamin B3: 3.15mg (15.75%), Magnesium: 61.05mg (15.26%), Iron: 2.74mg (15.24%), Vitamin B2: 0.15mg (8.94%), Zinc: 1.3mg (8.69%), Vitamin B5: 0.76mg (7.64%), Vitamin E: 0.74mg (4.93%), Calcium: 45.58mg (4.56%), Selenium: 2.04µg (2.92%)