



Simple Peas and Onions



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



174 kcal

SIDE DISH

Ingredients

- ☐ 1 pound peas fresh shelled
- ☐ 0.5 onion chopped fine
- ☐ 3 tablespoons butter
- ☐ 0.5 cup chicken stock see plain for vegetarian version (use vegetable stock or just water)
- ☐ 4 servings bell pepper black
- ☐ 4 servings salt

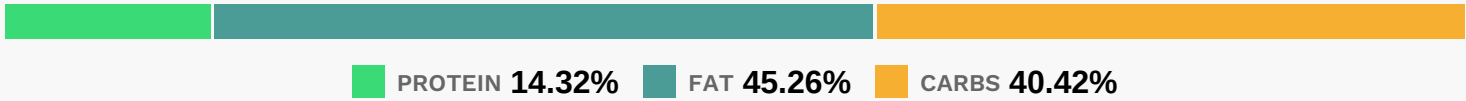
Equipment

- ☐ frying pan

Directions

- ☐ Heat 2 tablespoons of butter in a sauté pan over medium-high heat. When the butter foam recedes, add the chopped onions. Sauté the onions for a few minutes until they just begin to brown.
- ☐ Add the peas and the stock and bring to a rolling boil. Taste for salt and add if needed (you might not need to add salt if your stock is already pretty salty.)
- ☐ If you want, add a pinch of sugar to highlight the sweetness of the already sweet peas.
- ☐ Reduce, add remaining butter and black pepper: Stir the peas and onions often – you want the stock to reduce by about half without overcooking the peas.
- ☐ When the stock has reduced, turn off the heat and add the remaining butter and some black pepper.
- ☐ Serve at once.
- ☐ If you want, sprinkle on some sliced fresh mint.

Nutrition Facts



Properties

Glycemic Index:49.58, Glycemic Load:4.84, Inflammation Score:-8, Nutrition Score:13.156086893185%

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 Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 174.36kcal (8.72%), Fat: 8.99g (13.82%), Saturated Fat: 5.48g (34.28%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 11.34g (4.12%), Sugar: 7.27g (8.08%), Cholesterol: 22.58mg (7.53%), Sodium: 385.04mg (16.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.79%), Vitamin C: 46.38mg (56.21%), Vitamin K: 29.08µg (27.69%), Fiber: 6.72g (26.89%), Manganese: 0.5mg (24.8%), Vitamin A: 1193.28IU (23.87%), Vitamin B1: 0.31mg (20.57%), Folate: 76.65µg (19.16%), Phosphorus: 129.14mg (12.91%), Vitamin B3: 2.39mg (11.96%), Vitamin B6: 0.21mg (10.44%), Copper: 0.21mg (10.32%), Magnesium: 39.18mg (9.8%), Zinc: 1.44mg (9.6%), Iron: 1.71mg (9.5%), Vitamin B2: 0.16mg (9.24%), Potassium: 300.66mg (8.59%), Calcium: 34.6mg (3.46%), Selenium: 2.22µg (3.17%),

Vitamin E: 0.39mg (2.63%), Vitamin B5: 0.15mg (1.48%)