



Smashed Peas and Ricotta Cheese

 Vegetarian  Gluten Free

READY IN



9 min.

SERVINGS



4

CALORIES



228 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 lemon zest
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 small onion finely chopped
- ☐ 0.3 cup parsley leaves chopped
- ☐ 2 cups peas green frozen
- ☐ 1 cup ricotta cheese
- ☐ 4 servings salt and pepper

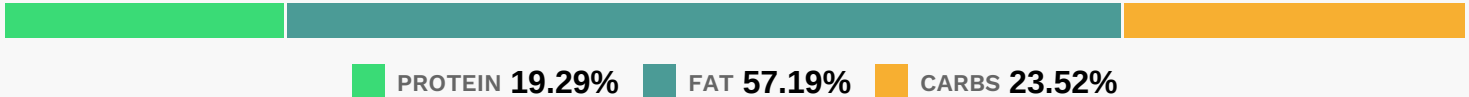
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ To a medium pot over medium heat, add oil, then butter and onion.
- ☐ Saute onion bits 2 minutes, then add frozen peas, raise heat a bit. Stir peas to heat them through and allow their water to evaporate. When peas are heated through, add ricotta and parsley to the pan and smash cheese together with the peas.
- ☐ Add lemon zest. Season mixture with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:45.08, Glycemic Load:3.52, Inflammation Score:-8, Nutrition Score:15.038695887379%

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 Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 228.2kcal (11.41%), Fat: 14.72g (22.64%), Saturated Fat: 7.49g (46.78%), Carbohydrates: 13.62g (4.54%), Net Carbohydrates: 9.06g (3.29%), Sugar: 4.75g (5.27%), Cholesterol: 39.15mg (13.05%), Sodium: 274.61mg (11.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.17g (22.34%), Vitamin K: 82.55µg (78.62%), Vitamin C: 36.57mg (44.33%), Vitamin A: 1234.81IU (24.7%), Fiber: 4.56g (18.26%), Phosphorus: 181.99mg (18.2%), Manganese: 0.32mg (15.94%), Calcium: 156.66mg (15.67%), Folate: 62.23µg (15.56%), Selenium: 10.39µg (14.84%), Vitamin B1: 0.21mg (13.95%), Vitamin B2: 0.22mg (13.24%), Zinc: 1.68mg (11.2%), Iron: 1.59mg (8.81%), Magnesium: 33.79mg (8.45%), Vitamin B6: 0.17mg (8.29%), Vitamin B3: 1.65mg (8.23%), Potassium: 278.86mg (7.97%), Copper: 0.15mg (7.56%), Vitamin E: 0.78mg (5.21%), Vitamin B12: 0.22µg (3.61%), Vitamin B5: 0.24mg (2.42%)