



Smashed Peas with Mint Bruschetta

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



134 kcal

SIDE DISH

Ingredients

- 0.5 baguette
- 0.3 teaspoon pepper black
- 1 mint leaves fresh chopped
- 0.8 teaspoon kosher salt
- 2 tablespoons olive oil extra-virgin
- 10 ounce peas frozen thawed

Equipment

- food processor

baking sheet

Directions

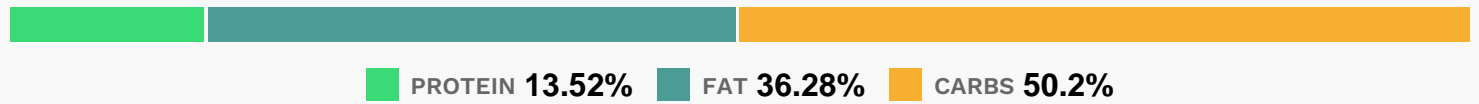
Thinly slice half a baguette.

Place the rounds on a baking sheet and broil them until they're golden brown (about 1 1/2 minutes per side). Process the peas in a food processor until roughly chopped. Stir in the mint, oil, salt, and pepper.

Spread the mixture on the rounds.

Garnish the bruschetta with fresh mint leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:24.68, Glycemic Load:8.71, Inflammation Score:-5, Nutrition Score:7.6756521722545%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 133.81kcal (6.69%), Fat: 5.43g (8.35%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 16.9g (5.63%), Net Carbohydrates: 13.74g (5%), Sugar: 3.66g (4.06%), Cholesterol: 0mg (0%), Sodium: 421.96mg (18.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.11%), Vitamin C: 18.95mg (22.97%), Vitamin B1: 0.25mg (16.48%), Manganese: 0.3mg (15.19%), Vitamin K: 15.29µg (14.56%), Folate: 53.21µg (13.3%), Fiber: 3.17g (12.66%), Vitamin B3: 1.94mg (9.69%), Iron: 1.46mg (8.1%), Vitamin B2: 0.13mg (7.64%), Vitamin A: 368.99IU (7.38%), Phosphorus: 71.07mg (7.11%), Selenium: 4.44µg (6.34%), Copper: 0.11mg (5.51%), Magnesium: 21.29mg (5.32%), Vitamin E: 0.79mg (5.3%), Vitamin B6: 0.1mg (5.1%), Zinc: 0.75mg (5.03%), Potassium: 143.28mg (4.09%), Calcium: 34.69mg (3.47%), Vitamin B5: 0.13mg (1.3%)