



Spicy Split Peas



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 3 cups water
- ☐ 6 oz peas dried split green yellow rinsed
- ☐ 2 tablespoons butter
- ☐ 1 teaspoon ground ginger finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon turmeric
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup onion finely chopped

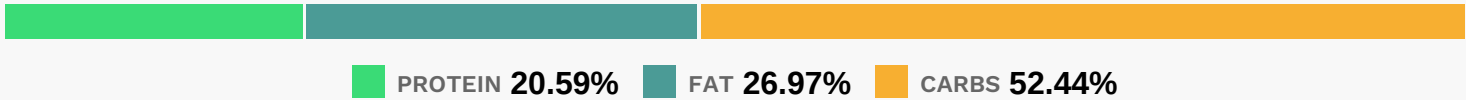
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat water and peas to boiling. Boil uncovered 2 minutes; reduce heat to low. Cover and simmer about 25 minutes or until peas are tender but not mushy; drain.
- ☐ In 10-inch skillet, melt butter over medium-high heat. Cook gingerroot, salt, turmeric, cumin and onion in butter about 3 minutes, stirring occasionally, until onion is tender. Stir in peas until evenly coated.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.22, Inflammation Score:-9, Nutrition Score:11.581739259479%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 202.84kcal (10.14%), Fat: 6.24g (9.6%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 16.14g (5.87%), Sugar: 3.86g (4.29%), Cholesterol: 0mg (0%), Sodium: 373mg (16.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.44%), Fiber: 11.16g (44.65%), Manganese: 0.8mg (39.98%), Folate: 118.67µg (29.67%), Vitamin B1: 0.32mg (21.08%), Copper: 0.41mg (20.34%), Phosphorus: 162.91mg (16.29%), Magnesium: 54.36mg (13.59%), Potassium: 452.15mg (12.92%), Iron: 2.28mg (12.64%), Zinc: 1.36mg (9.04%), Vitamin B5: 0.77mg (7.68%), Vitamin B3: 1.31mg (6.57%), Vitamin A: 317.28IU (6.35%), Vitamin K: 6.26µg (5.96%), Vitamin B2: 0.1mg (5.82%), Vitamin B6: 0.1mg (4.77%), Calcium: 36.65mg (3.66%), Vitamin C: 1.61mg (1.95%), Vitamin E: 0.27mg (1.82%), Selenium: 1.03µg (1.48%)