



## Spinach and Peas

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



84 kcal

SIDE DISH

### Ingredients

- 1 serving coarse salt
- 1 cup peas english shelled
- 1 pound baby spinach washed trimmed well
- 2 tablespoons olive oil extra virgin extra-virgin
- 2 large shallots thinly sliced
- 1 serving pepper freshly ground

### Equipment

- frying pan

- baking sheet
- wire rack
- pot
- slotted spoon

## Directions

- Prepare an ice water bath; set aside. Line a baking sheet with a cooling rack; set aside.
- Bring a large pot of water to a boil.
- Add a generous amount of salt and the peas. Cook until bright green, 3 to 4 minutes. Using a slotted spoon, transfer to ice water bath to stop the peas from cooking.
- Drain, shaking off excess liquid; set aside.
- Add the spinach to the boiling water and cook, just until wilted, about 1 minute.
- Drain, squeezing out excess moisture, and transfer to wire rack to dry.
- Heat the oil in a large skillet over high heat.
- Add the shallots and cook, stirring frequently, until translucent, but not brown, about 2 minutes. Stir in peas, and cook 1 minute.
- Add the spinach, tossing to combine, and heat through, 1 to 2 minutes more. Season with salt and pepper.
- Serve immediately.

## Nutrition Facts



**PROTEIN 16.21%** **FAT 50.18%** **CARBS 33.61%**

## Properties

Glycemic Index:23.06, Glycemic Load:1.62, Inflammation Score:-10, Nutrition Score:19.975652173913%

## Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 4.82mg, Kaempferol: 4.82mg, Kaempferol: 4.82mg, Kaempferol: 4.82mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

## Nutrients (% of daily need)

Calories: 84.26kcal (4.21%), Fat: 5.07g (7.8%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 7.63g (2.54%), Net Carbohydrates: 4.32g (1.57%), Sugar: 2.34g (2.6%), Cholesterol: 0mg (0%), Sodium: 94.33mg (4.1%), Protein: 3.68g (7.36%), Vitamin K: 374.04µg (356.23%), Vitamin A: 7274.19IU (145.48%), Folate: 165.21µg (41.3%), Manganese: 0.8mg (40.19%), Vitamin C: 31.58mg (38.27%), Magnesium: 69.48mg (17.37%), Vitamin E: 2.24mg (14.94%), Potassium: 508.92mg (14.54%), Iron: 2.53mg (14.07%), Fiber: 3.31g (13.25%), Vitamin B6: 0.22mg (10.85%), Vitamin B2: 0.18mg (10.38%), Vitamin B1: 0.13mg (8.55%), Calcium: 84.11mg (8.41%), Copper: 0.15mg (7.42%), Phosphorus: 68.17mg (6.82%), Vitamin B3: 1.07mg (5.35%), Zinc: 0.73mg (4.89%), Selenium: 1.29µg (1.85%)