



## Spring Peas



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



90 kcal

SIDE DISH

## Ingredients

- 1.5 teaspoons thyme or dried fresh finely chopped
- 0.1 teaspoon coarsely ground pepper black
- 2 teaspoons juice of lemon
- 2 teaspoons butter reduced-calorie
- 20 ounce peas frozen english
- 0.3 teaspoon salt

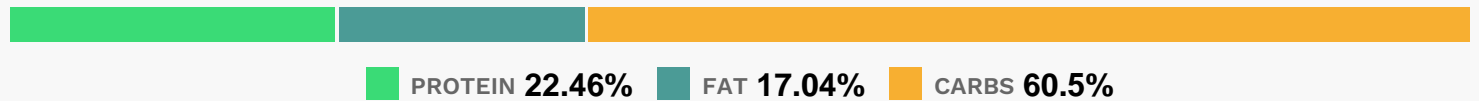
## Equipment

- bowl

## Directions

- Cook peas according to package directions, omitting salt; drain and transfer to a large bowl.
- Add margarine and remaining 4 ingredients, stirring until margarine melts.
- Serve warm.
- Tip: These tasty, tender peas are wonderful with Grilled Leg of Lamb and Roasted New Potatoes.

## Nutrition Facts



## Properties

Glycemic Index:12.72, Glycemic Load:3.65, Inflammation Score:-7, Nutrition Score:10.796956415977%

## 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 Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 89.69kcal (4.48%), Fat: 1.74g (2.68%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 8.43g (3.07%), Sugar: 5.4g (6.01%), Cholesterol: 0mg (0%), Sodium: 117.5mg (5.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.34%), Vitamin C: 38.57mg (46.75%), Vitamin K: 27.79µg (26.47%), Fiber: 5.49g (21.98%), Manganese: 0.41mg (20.64%), Vitamin B1: 0.25mg (16.88%), Vitamin A: 792.36IU (15.85%), Folate: 62.47µg (15.62%), Phosphorus: 103.14mg (10.31%), Vitamin B3: 1.99mg (9.95%), Iron: 1.7mg (9.47%), Copper: 0.17mg (8.47%), Vitamin B6: 0.16mg (8.11%), Magnesium: 31.96mg (7.99%), Zinc: 1.19mg (7.93%), Vitamin B2: 0.13mg (7.45%), Potassium: 235.6mg (6.73%), Calcium: 29.19mg (2.92%), Selenium: 1.72µg (2.45%), Vitamin E: 0.2mg (1.31%), Vitamin B5: 0.1mg (1.02%)