



Spring Peas with Ham and Herbs



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



136 kcal

SIDE DISH

Ingredients

- ☐ 4 ounces ham cooked cut into 1/4-inch dice
- ☐ 3 tablespoons dairy-free margarine cut into 4 to 6 pieces
- ☐ 0.3 cup mint leaves fresh coarsely chopped for garnish
- ☐ 3 cups peas fresh
- ☐ 2 tablespoons tarragon fresh coarsely chopped for garnish
- ☐ 6 servings salt and pepper to taste

Equipment

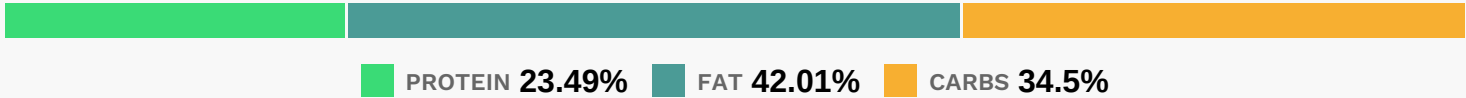
- ☐ bowl

☐ sauce pan

Directions

- ☐ Bring a medium-sized saucepan of salted water to a boil over high heat.
- ☐ Add the peas and cook until tender, about 3 to 5 minutes depending on size of peas.
- ☐ Drain the peas, reserving 2 tablespoons cooking water. Return the peas and reserved cooking water to saucepan.
- ☐ Add the ham, margarine or oil, mint, and tarragon, stirring until everything is combined. Season with salt and pepper to taste.
- ☐ Transfer the peas with ham to a serving bowl, and garnish with mint and tarragon sprigs to serve, if desired.

Nutrition Facts



Properties

Glycemic Index:19.06, Glycemic Load:3.5, Inflammation Score:-7, Nutrition Score:12.447391333787%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg

Nutrients (% of daily need)

Calories: 135.89kcal (6.79%), Fat: 6.44g (9.91%), Saturated Fat: 1.59g (9.94%), Carbohydrates: 11.9g (3.97%), Net Carbohydrates: 7.45g (2.71%), Sugar: 4.11g (4.57%), Cholesterol: 13.8mg (4.6%), Sodium: 462.95mg (20.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.1g (16.2%), Vitamin C: 35.17mg (42.63%), Manganese: 0.51mg (25.73%), Vitamin K: 21.86µg (20.82%), Vitamin B1: 0.3mg (20.03%), Vitamin A: 999.6IU (19.99%), Fiber: 4.46g (17.82%), Phosphorus: 142.44mg (14.24%), Folate: 56.22µg (14.06%), Vitamin B3: 2.43mg (12.14%), Iron: 2.08mg (11.54%), Vitamin B6: 0.23mg (11.48%), Vitamin B2: 0.18mg (10.41%), Vitamin E: 1.45mg (9.65%), Zinc: 1.43mg (9.55%), Magnesium: 37.5mg (9.37%), Potassium: 313.14mg (8.95%), Copper: 0.17mg (8.56%), Selenium: 5.15µg (7.36%), Calcium: 50.51mg (5.05%), Vitamin B12: 0.27µg (4.44%), Vitamin B5: 0.25mg (2.47%)