



Spring Peas with New Potatoes, Herbs and Watercress

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



194 kcal

SIDE DISH

Ingredients

- 4 cups early spring peas 10-ounce packages baby peas frozen shelled
- 2 tablespoons chives chopped
- 1 medium leek white green thinly sliced
- 1 teaspoon juice of lemon fresh
- 2 tablespoons mint leaves chopped
- 0.5 pound new potatoes
- 2 tablespoons olive oil extra-virgin

- 6 servings pepper freshly ground
- 6 servings salt
- 2 tablespoons butter unsalted
- 1 quart water
- 2 cups watercress coarsely chopped

Equipment

- bowl
- frying pan
- sauce pan
- slotted spoon

Directions

- Bring the water to a boil in a medium saucepan.
- Add the potatoes and a pinch of salt. Cook over moderately high heat until fork-tender, about 20 minutes. With a slotted spoon, transfer the potatoes to a plate and let cool, then halve or quarter any large potatoes.
- Add 1 teaspoon of salt to the potato water and bring to a boil.
- Add the peas and cook over moderately high heat until tender, about 5 minutes. Meanwhile, in a large skillet, melt the butter in the olive oil.
- Add the leek and cook over low heat, stirring occasionally, until tender, about 5 minutes. Reserve 1/2 cup of the potato cooking water, then drain the peas and add them to the skillet.
- Add the potatoes and the reserved cooking water to the skillet and bring to a simmer over moderate heat, stirring.
- Add the mint, chives and lemon juice and season with salt and pepper.
- Remove the skillet from the heat and stir in the watercress.
- Transfer the vegetables to a warmed bowl and serve.

Nutrition Facts



■ PROTEIN 13.27% ■ FAT 40.32% ■ CARBS 46.41%

Properties

Glycemic Index:44.85, Glycemic Load:9.2, Inflammation Score:-8, Nutrition Score:17.06869555945%

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: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 3.41mg, Kaempferol: 3.41mg, Kaempferol: 3.41mg, Kaempferol: 3.41mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 194.31kcal (9.72%), Fat: 8.96g (13.78%), Saturated Fat: 3.14g (19.6%), Carbohydrates: 23.19g (7.73%), Net Carbohydrates: 16.34g (5.94%), Sugar: 6.42g (7.13%), Cholesterol: 10.03mg (3.34%), Sodium: 217.57mg (9.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.27%), Vitamin C: 54.2mg (65.7%), Vitamin K: 65.43µg (62.31%), Vitamin A: 1580.72IU (31.61%), Manganese: 0.59mg (29.5%), Fiber: 6.85g (27.41%), Folate: 82.67µg (20.67%), Vitamin B1: 0.31mg (20.61%), Vitamin B6: 0.33mg (16.42%), Phosphorus: 141.08mg (14.11%), Copper: 0.27mg (13.61%), Potassium: 474.94mg (13.57%), Vitamin B3: 2.54mg (12.7%), Magnesium: 50.78mg (12.69%), Iron: 2.19mg (12.17%), Vitamin B2: 0.17mg (9.72%), Zinc: 1.38mg (9.23%), Vitamin E: 1.16mg (7.76%), Calcium: 62.54mg (6.25%), Selenium: 2.17µg (3.09%), Vitamin B5: 0.28mg (2.85%)