

Spring Vegetables



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 0.3 pound bibb lettuce leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2.5 cups carrots ()
- ☐ 2 cups peas green english shelled (2 pounds unshelled peas)
- ☐ 0.5 teaspoon sea salt
- ☐ 0.5 cup shallots sliced
- ☐ 0.5 cup spring onion trimmed peeled sliced
- ☐ 2 tablespoons butter unsalted divided

☐ 0.5 cup water

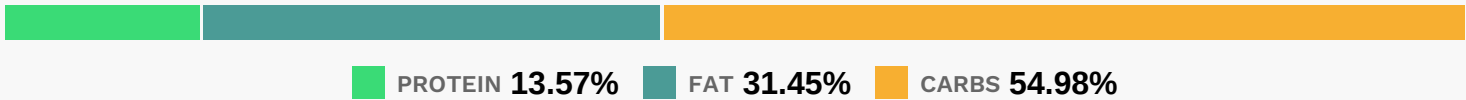
Equipment

☐ sauce pan

Directions

- ☐ Melt 1 tablespoon butter in a large saucepan over medium heat.
- ☐ Add carrot, sliced onion, shallots, sea salt, and ground black pepper, stirring to combine. Cover and cook 7 minutes, stirring occasionally.
- ☐ Add water and peas; place lettuce leaves on top of mixture. Cover and cook 5 minutes or until peas are tender.
- ☐ Remove from heat; gently stir in 1 tablespoon butter.

Nutrition Facts



Properties

Glycemic Index:18.52, Glycemic Load:2.7, Inflammation Score:-10, Nutrition Score:10.836086967069%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 68.4kcal (3.42%), Fat: 2.51g (3.86%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 6.69g (2.43%), Sugar: 4.32g (4.8%), Cholesterol: 6.02mg (2.01%), Sodium: 143.5mg (6.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.88%), Vitamin A: 6063.91IU (121.28%), Vitamin K: 33.74µg (32.13%), Vitamin C: 15.79mg (19.14%), Fiber: 3.19g (12.78%), Manganese: 0.23mg (11.71%), Folate: 40.52µg (10.13%), Vitamin B1: 0.11mg (7.65%), Vitamin B6: 0.15mg (7.33%), Potassium: 254.82mg (7.28%), Phosphorus: 55.96mg (5.6%), Vitamin B3: 1.01mg (5.06%), Iron: 0.89mg (4.92%), Magnesium: 18.63mg (4.66%), Copper: 0.08mg (4.25%), Vitamin B2: 0.07mg (4.19%), Zinc: 0.53mg (3.54%), Calcium: 31.08mg (3.11%), Vitamin E: 0.37mg (2.45%), Vitamin B5: 0.18mg (1.76%), Selenium: 0.82µg (1.18%)