



Three Pea Saute with Green Garlic and Mint



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon mint leaves chopped
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoon parsley leaves italian chopped
- ☐ 2 cup peas fresh english shelled
- ☐ 4 servings salt and pepper totaste white
- ☐ 2 cup sugar snap peas
- ☐ 1 tablespoon butter unsalted

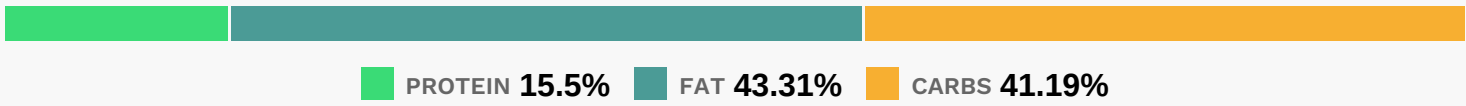
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Prepare an ice bath in a bowl large enough to hold the blanched English peas. Bring a pan of lightly salted water to a boil, add the English peas and cook about two minutes.
- ☐ Drain the pan and quickly immerse the blanched peas in the ice bath. Set aside. Prep the sugar snap peas by slightly trimming the woody ends, then slice them crosswise (pod and all) into ¼-inch sections.
- ☐ Heat 1 T butter and 1 T olive in a medium sized sauce pan, set over medium-high heat.
- ☐ Add the sliced green garlic and cook until softened somewhat, about 2 minutes.
- ☐ Add the Sugar snap peas and let them cook undisturbed, until the begin to color. Stir the pan and let them cook another few minutes. They should be slightly caramelized.
- ☐ Add the peas to the pan and cook about 5 minutes, stirring often. Season with a bit of salt and pepper to taste.
- ☐ Remove the pan from the heat and stir in the pea tendrils, stir to combine. They should wilt some from the heat. Taste for seasoning once more.
- ☐ Sprinkle with mint and parsley, mix well.
- ☐ Serve warm as a spring side dish.

Nutrition Facts



Properties

Glycemic Index:19.08, Glycemic Load:2.82, Inflammation Score:-8, Nutrition Score:15.117391314519%

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: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 4.38mg, Apigenin: 4.38mg, Apigenin: 4.38mg, Apigenin: 4.38mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin:

0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 136.93kcal (6.85%), Fat: 6.75g (10.39%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 14.45g (4.82%), Net Carbohydrates: 8.88g (3.23%), Sugar: 6.09g (6.77%), Cholesterol: 7.53mg (2.51%), Sodium: 201.34mg (8.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.88%), Vitamin C: 61.46mg (74.49%), Vitamin K: 65.38µg (62.27%), Vitamin A: 1396.3IU (27.93%), Fiber: 5.57g (22.29%), Manganese: 0.44mg (21.77%), Folate: 72.28µg (18.07%), Vitamin B1: 0.27mg (17.95%), Iron: 2.29mg (12.75%), Phosphorus: 107.18mg (10.72%), Vitamin B6: 0.2mg (10.22%), Magnesium: 37.76mg (9.44%), Vitamin B3: 1.86mg (9.29%), Copper: 0.17mg (8.71%), Potassium: 294.01mg (8.4%), Vitamin B2: 0.14mg (8.32%), Zinc: 1.07mg (7.13%), Vitamin E: 0.89mg (5.9%), Calcium: 45.99mg (4.6%), Vitamin B5: 0.46mg (4.59%), Selenium: 1.69µg (2.41%)