



## Three Peas with Leeks, Mint, and Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



169 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup peas fresh shelled
- ☐ 8 oz leek white green halved lengthwise
- ☐ 0.3 cup slivered mint leaves fresh
- ☐ 6 servings salt and pepper
- ☐ 4 ounces snow peas (see notes)
- ☐ 8 ounces sugar snap peas (see notes)
- ☐ 0.5 cup whipping cream

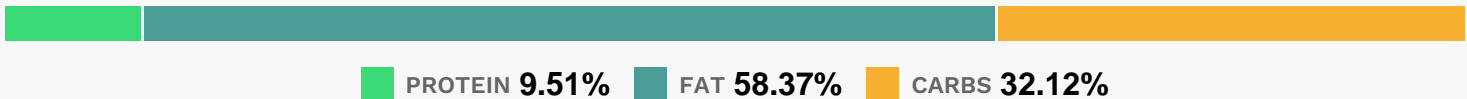
# Equipment

- ☐ bowl
- ☐ frying pan

# Directions

- ☐ Trim sugar snap and snow peas, then blanch along with shelled fresh peas.
- ☐ Rinse leek well, flipping layers under running water to remove grit. Thinly slice crosswise.
- ☐ In a 10- to 12-inch frying pan over medium heat, melt butter. When it's foamy, add leek and stir until soft, about 5 minutes.
- ☐ Pour in cream, increase heat to medium-high, and stir often until liquid is reduced by about half, 3 to 4 minutes.
- ☐ Add salt and pepper to taste.
- ☐ Add all the peas and half the mint and stir just until heated through, about 1 minute.
- ☐ Pour into a serving bowl and sprinkle with remaining mint.
- ☐ To shell fresh pea pods, break open the pods by pressing on one end – the pod should pop open at the seam. Then run your thumb down the opening to release the peas. One pound of peas in the pod yields approximately 1 cup of shelled peas.
- ☐ To trim edible-pea pods, such as sugar snap and snow, cut or snap off ends and pull up sharply to remove any string on the pea. Discard ends and strings.
- ☐ To blanch fresh peas (either shelled or whole edible-pod types), if the recipe calls for it, bring water to a boil in a large pan, then add peas. Cook just until they start to turn a brighter green, 15 to 30 seconds, then drain immediately. Rinse well under cold running water until cool, then drain again.

# Nutrition Facts



# Properties

Glycemic Index:21.06, Glycemic Load:2.43, Inflammation Score:-9, Nutrition Score:12.960869672506%

# Flavonoids

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 Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 168.65kcal (8.43%), Fat: 11.29g (17.36%), Saturated Fat: 7.02g (43.87%), Carbohydrates: 13.97g (4.66%), Net Carbohydrates: 10.29g (3.74%), Sugar: 5.69g (6.33%), Cholesterol: 32.44mg (10.81%), Sodium: 240.77mg (10.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.28%), Vitamin C: 48.94mg (59.32%), Vitamin A: 1919.13IU (38.38%), Vitamin K: 38.9µg (37.04%), Manganese: 0.44mg (22.1%), Folate: 66.78µg (16.7%), Fiber: 3.68g (14.73%), Iron: 2.45mg (13.59%), Vitamin B1: 0.18mg (11.85%), Vitamin B6: 0.23mg (11.46%), Magnesium: 35.15mg (8.79%), Phosphorus: 83.37mg (8.34%), Vitamin B2: 0.13mg (7.79%), Potassium: 271.07mg (7.74%), Calcium: 71.61mg (7.16%), Copper: 0.14mg (7.06%), Vitamin E: 0.89mg (5.94%), Vitamin B5: 0.57mg (5.65%), Vitamin B3: 1.04mg (5.22%), Zinc: 0.57mg (3.81%), Selenium: 1.85µg (2.65%), Vitamin D: 0.32µg (2.12%)