



Toast with Lemony Pea Mash



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



233 kcal

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 12 slices ciabatta bread country-style toasted
- ☐ 0.3 cup parsley fresh
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 cups peas fresh frozen shelled thawed (from 2 pounds pods)
- ☐ 1 garlic clove quartered
- ☐ 6 servings kosher salt
- ☐ 1 tablespoon juice of lemon fresh ()
- ☐ 1 tablespoon simple preserved lemons divided finely chopped (from)

- ☐ 3 tablespoons olive oil extra virgin extra-virgin divided plus more for toast
- ☐ 0.3 teaspoon pepper red crushed plus more for serving

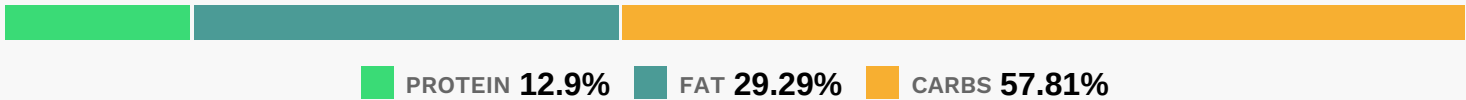
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine garlic, parsley, 1 tablespoon oil, a pinch of salt, and 1/2 cup water in a small saucepan.
- ☐ Add peas and cook over medium heat, stirring occasionally, until peas are tender, about 5 minutes for fresh peas, about 2 minutes for frozen.
- ☐ Drain, reserving cooking liquid.
- ☐ Transfer pea mixture to a food processor; pulse until a coarse paste forms.
- ☐ Transfer to a medium bowl; mix in chives, 1/2 tablespoons preserved lemon peel, 1 tablespoon lemon juice, 1/4 teaspoon Aleppo pepper, and 2 tablespoons oil. Stir in reserved cooking liquid by tablespoons until mixture is still thick but spreadable. Season pea mash with salt, black pepper, and more lemon juice, if desired.
- ☐ Drizzle toast with oil; top with pea mash, sprinkle with remaining 1/2 tablespoons preserved lemon peel and more Aleppo pepper, and drizzle with more oil.
- ☐ DO AHEAD: Pea mash can be made 1 day ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:30.56, Glycemic Load:1.96, Inflammation Score:-6, Nutrition Score:8.593043534652%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg,

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 232.97kcal (11.65%), Fat: 7.64g (11.76%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 33.95g (11.32%), Net Carbohydrates: 30.32g (11.02%), Sugar: 2.93g (3.26%), Cholesterol: 0mg (0%), Sodium: 473.67mg (20.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.15%), Vitamin K: 59.59µg (56.75%), Vitamin C: 24.36mg (29.53%), Fiber: 3.67g (14.67%), Vitamin A: 649.33IU (12.99%), Manganese: 0.23mg (11.46%), Folate: 36.82µg (9.21%), Vitamin B1: 0.13mg (8.89%), Vitamin E: 1.13mg (7.52%), Phosphorus: 55.6mg (5.56%), Vitamin B3: 1.07mg (5.33%), Iron: 0.96mg (5.32%), Vitamin B6: 0.09mg (4.73%), Copper: 0.09mg (4.73%), Magnesium: 18.2mg (4.55%), Zinc: 0.64mg (4.29%), Vitamin B2: 0.07mg (4.08%), Potassium: 142.39mg (4.07%), Calcium: 18.42mg (1.84%), Selenium: 0.98µg (1.4%)