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## Steamed Green Peas ♦♦

Steamed green peas is a simple and healthy vegetarian recipe. It can be enjoyed as a side dish or added to salads and soups. The peas are steamed to perfection, retaining their natural sweetness and vibrant color.

**Recipe Type:** Vegetarian

**Prep Time:** 5 mins

**Cook Time:** 10 mins

**Total Time:** 15 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

400 g	Green Peas
250 ml	water
1 tsp	salt

### Directions

## Step 1

Rinse the green peas under cold water.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Boiling

In a steamer basket, add water and bring it to a boil.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 3

Steaming

Add the green peas to the steamer basket and sprinkle salt over them.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 4

Steaming

Cover the steamer basket and steam the peas for 5 minutes or until tender.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 5

Remove the steamer basket from heat and let the peas cool for a few minutes.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Serve the steamed green peas as a side dish or use them in your favorite recipes.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 81 kcal

**Fat:** 0 g

**Protein:** 6 g

**Carbohydrates:** 15 g

## Nutrition Facts

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## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	34 iu	3.78%	4.86%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	58 mg	64.44%	77.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	238 mg	10.35%	10.35%
Calcium	26 mg	2.6%	2.6%
Iron	17 mg	212.5%	94.44%
Potassium	244 mg	7.18%	9.38%
Zinc	1 mg	9.09%	12.5%
Selenium	3 mcg	5.45%	5.45%

## Recipe Attributes

### Seasonality

Summer

Fall

### Events

Picnic

## Course

Salads

Snacks

## Demographics

Allergy Friendly

Heart Healthy

## Diet

Mediterranean Diet

OMAD (One Meal a Day) Diet

Low Sodium Diet

The Fast Metabolism Diet

The Swiss Secret Diet

The Werewolf Diet

The Best Life Diet

The Peanut Butter Diet

The Starch Solution Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The Low-Vitamin K Diet

The Low-Copper Diet

The Spring Detox Diet

## Meal Type

Brunch

Supper

## Difficulty Level

Medium

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