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Sautéed Mushrooms with Green Peas

Sautéed Mushrooms with Green Peas is a delicious vegetarian dish that combines the earthy flavors of mushrooms with the sweetness of green peas. This dish is perfect as a side dish or can be enjoyed on its own as a light and healthy meal. The mushrooms are sautéed until golden brown and then combined with tender green peas for a burst of freshness. This recipe is easy to make and can be ready in just 20 minutes.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	Mushrooms
200 g	Green Peas
2 tbsp	olive oil

2 cloves	garlic
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1 tsp	Salt
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0.5 tsp	Black pepper
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2 tbsp	fresh parsley
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Directions

Step 1

Stove

Heat olive oil in a large skillet over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stove

Add garlic to the skillet and cook until fragrant, about 1 minute.

Prep Time: 1 mins

Cook Time: 1 mins

Step 3

Stove

Add mushrooms to the skillet and cook until golden brown, about 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Stove

Add green peas to the skillet and cook until heated through, about 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Season with salt and black pepper, and garnish with fresh parsley.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 4 g

Protein: 6 g

Carbohydrates: 16 g

Nutrition Facts

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	16 g	29.09%	32%
Fibers	4 g	10.53%	16%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	4 g	14.29%	16%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	10 mg	0.29%	0.38%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Cuisines

Italian French Middle Eastern

Nutritional Content

Low Fat Sugar-Free

Kitchen Tools

Blender

Course

Side Dishes Salads Soups Snacks Sauces & Dressings

Diet

The Whole30 Diet Vegetarian Diet Vegan Diet Ovo-Vegetarian Diet
Lacto-Ovo Vegetarian Diet The Fast Metabolism Diet The Gerson Therapy

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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