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Mom's Peas and Noodles ♦♦

A classic family recipe passed down through generations. Mom's Peas and Noodles is a comforting dish made with tender peas and egg noodles, cooked in a flavorful broth. It's a perfect side dish for any meal or can be enjoyed on its own.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Peas
250 g	egg noodles
2 c	chicken broth
2 tbsp	butter
1 tsp	Salt

1 tsp Pepper

Directions

Step 1

Boiling

Cook the egg noodles according to package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

In a large skillet, melt the butter over medium heat. Add the peas and cook for 5 minutes, until tender.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Mixing

Add the cooked egg noodles to the skillet with the peas. Pour in the chicken broth and season with salt and pepper. Stir well to combine.

Prep Time: 2 mins

Cook Time: 5 mins

Step 4

Cooking

Cook for an additional 5 minutes, until the broth is heated through and the flavors are well combined.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Serving

Serve hot and enjoy!

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 8 g

Protein: 10 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	5 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	4 g	18.18%	23.53%
Fat	8 g	28.57%	32%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	20 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	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas

Thanksgiving

Mother's Day

Back to School

Picnic

Cuisines

Italian

American

Course

Side Dishes

Salads

Snacks

Cultural

Chinese New Year

Easter

Cost

\$10 to \$20

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Paleo Diet

Vegetarian Diet

Meal Type

Lunch

Difficulty Level

Easy

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