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Large Macho Peas *

A delicious and hearty dish made with large macho peas. This recipe has been passed down through generations and is a favorite among meat lovers.

Recipe Type: Standard Prep Time: 15 mins

Cook Time: 30 mins Total Time: 45 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	large macho peas
1 tsp	salt
1 tsp	black pepper
1 tsp	garlic powder
1 tsp	onion powder
2 tbsp	olive oil

Directions

Step 1

Boiling

In a large pot, bring water to a boil and add the large macho peas. Cook for 15 minutes or until tender.

Prep Time: 5 mins

Cook Time: 15 mins

Step 2

Stove

Drain the peas and transfer them to a large skillet. Add olive oil and cook over medium heat for 5 minutes.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3



Season with salt, black pepper, garlic powder, and onion powder. Cook for an additional 5 minutes, stirring occasionally.

Prep Time: 2 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 100 kcal

Fat: 5 g

Protein: 5 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	2 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	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
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	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	6 mg	75%	33.33%
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Spring Summer

Fall

Events

Barbecue

Cuisines

Spanish

Nutritional Content

Low Calorie

Kitchen Tools

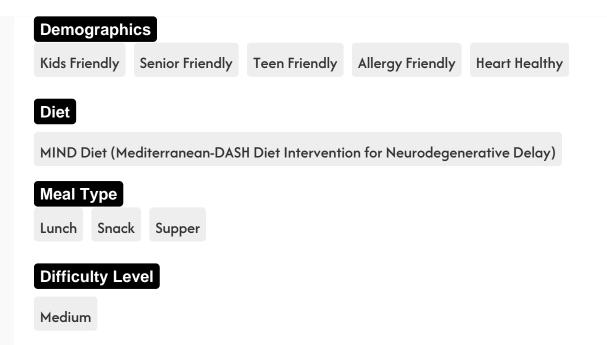
Slow Cooker

Course

Appetizers Drinks Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Easter



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