



Healthdor

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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

Stove

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

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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