

# Simple Peas

1 SERVING 4 MINUTES



## INGREDIENTS

1/2 cup Frozen Peas  
1 tbsp Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	164	Iron	1mg
Fat	12g	Vitamin D	0IU
Carbs	11g	Folate	48µg
Fiber	4g	Magnesium	18mg
Protein	4g	Zinc	1mg
Vitamin C	8mg		

## DIRECTIONS

- 01 Bring 2 cups of water to a boil in medium saucepan.
- 02 Add frozen peas and let boil for 3-5 minutes depending on desired tenderness.
- 03 Drain in a colander, add butter or oil, and season with salt. Enjoy!

## NOTES

### RECIPE ID 306

### BUTTER ALTERNATIVE

Use olive oil or high omega 3 oils.