

Green Peas & Pearl Onions



Nutrition Facts

Serving Size 1 Serving (115g)
Serving Per Container: 1

Amount Per Serving

Calories 90 Calories from Fat 25

% Daily Values*

Total Fat 3g **5%**

Saturated Fat 2g **9%**

Trans Fat 0

Polyunsaturated Fat 0

Monounsaturated Fat 1g

Cholesterol 10mg **3%**

Sodium 85mg **3%**

Total Carbohydrate 12g **4%**

Dietary Fiber 3g **14%**

Sugars 5g

Protein 3g

Vitamin A 10% • Vitamin C 10%

Calcium 2% • Iron 4%

Vitamin E 0% • Vitamin B6 0%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrates	300g	375g
Dietary Fiber	25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4



Licking Memorial Hospital | Culinary Services

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Ingredients:

- 16 oz frozen pearl onions
- 1 garlic clove, minced
- 16 oz frozen peas
- 1/4 cup water
- 2 tablespoons butter
- Salt and pepper, to taste

Directions:

Melt the butter in a medium sauce pot over medium heat. Add the garlic and cook for 1 to 2 minutes, stirring constantly. Add the pearl onions and water, and cover with a lid. Cook for about 2 to 3 minutes, then remove the lid and add the peas. Cook for another 2 minutes, stirring constantly and evaporating any excess liquid. Adjust the seasoning with salt and pepper, if necessary.