

Creamed Peas

Ingredients

- 1 Tablespoon butter
- 1 Tablespoon all-purpose flour
- 1 Pinch white sugar
- 2 15 ounce cans of peas, drained
- 1 cup milk
- Black pepper to taste

Recipe taken from:

<https://www.allrecipes.com/recipe/233051/delicious-creamed-peas/>

DIRECTIONS

1. Melt butter in a pan over medium heat.
2. Stir flour, sugar, and pepper into the melted butter and stir until smooth.
3. Remove pan from heat. Stir peas and milk into the butter mixture.
4. Return saucepan to medium heat; bring to a boil while stirring regularly.
5. Reduce heat and cook at a simmer until the mixture becomes thick, about 10 minutes.

NUTRITION INFO

Serving Size: 1 (95 g)

Servings Per Recipe: 6

Amount Per Serving % Daily Value *

Calories: 115

Total Fat: 3.1g 5 %

Saturated Fat: 2.0g

Cholesterol: 8mg 3 %

Sodium: 293mg 12 %

Potassium: 246mg 7 %

Total Carbohydrates: 16.3g 5 %

Dietary Fiber: 4.4g 17 %

Protein: 6.1g 12 %

Sugars: 6g

Calcium: 70mg 7%

Iron: 1mg 5%

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Pantry Location & Time:
**School of Family and
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Room 187-5PM to 7PM

