



Bacon and Balsamic Glazed Sugar Snap Peas

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



25 min.

SERVINGS



2

CALORIES



305 kcal

SIDE DISH

Ingredients

- 0.3 pound bacon minced
- 2 tablespoons balsamic vinegar
- 2 servings salt and pepper to taste
- 1.5 cups sugar snap peas fresh
- 1 tablespoon sugar raw such as sugar in the

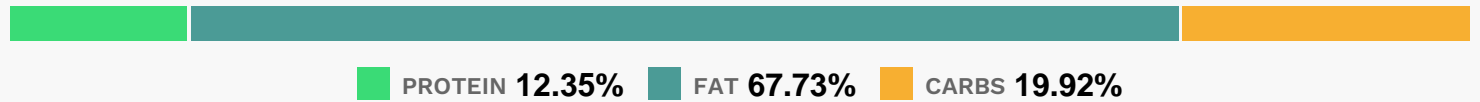
Equipment

- frying pan
- slotted spoon

Directions

- Cook the minced bacon in a large skillet over medium-high heat until the fat has rendered out and the bacon has begun to crisp, about 5 minutes.
- Remove with a slotted spoon and set aside, leave the bacon fat in the skillet.
- Add the sugar snap peas, and toss to coat with the fat. Cook and stir until just cooked through, about 5 minutes.
- Pour in the balsamic vinegar, sugar, and cooked bacon. Continue cooking until the balsamic has reduced, and the sugar has dissolved, about 2 minutes. Season to taste with salt and pepper and serve immediately.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:1.36, Inflammation Score:-6, Nutrition Score:10.926956539569%

Nutrients (% of daily need)

Calories: 305.33kcal (15.27%), Fat: 22.65g (34.85%), Saturated Fat: 7.57g (47.3%), Carbohydrates: 14.99g (5%), Net Carbohydrates: 13.08g (4.76%), Sugar: 11.28g (12.54%), Cholesterol: 37.42mg (12.47%), Sodium: 575.94mg (25.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.29g (18.58%), Vitamin C: 44.1mg (53.45%), Vitamin B1: 0.27mg (17.78%), Vitamin K: 18.38µg (17.5%), Selenium: 11.91µg (17.02%), Vitamin A: 819.92IU (16.4%), Vitamin B3: 2.72mg (13.61%), Vitamin B6: 0.27mg (13.42%), Phosphorus: 123.7mg (12.37%), Iron: 1.9mg (10.56%), Manganese: 0.21mg (10.49%), Vitamin B5: 0.87mg (8.66%), Potassium: 278.96mg (7.97%), Folate: 30.87µg (7.72%), Fiber: 1.91g (7.64%), Magnesium: 26.49mg (6.62%), Vitamin B2: 0.1mg (6.16%), Zinc: 0.88mg (5.88%), Vitamin B12: 0.28µg (4.72%), Copper: 0.09mg (4.34%), Calcium: 39.6mg (3.96%), Vitamin E: 0.53mg (3.54%), Vitamin D: 0.23µg (1.51%)