



Creamed Peas with Bacon

READY IN



25 min.

SERVINGS



4

CALORIES



282 kcal

SIDE DISH

Ingredients

- 4 slices bacon
- 15 ounce peas canned
- 12 ounce evaporated milk canned
- 2 tablespoons flour all-purpose
- 4 servings salt and pepper to taste

Equipment

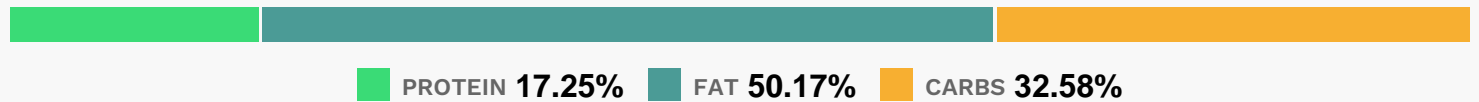
- bowl
- frying pan

whisk

Directions

- Place the bacon in a large, deep skillet. Cook over medium–high heat until evenly browned, about 10 minutes.
- Remove from pan, crumble bacon, and reserve.
- Stir peas into bacon grease left in skillet. Cook on low heat until peas are warm. Stir together flour, salt, and pepper in a small bowl.
- Pour in evaporated milk and whisk until smooth. Stir milk mixture into peas; cook over medium heat until heated through and thickened. Stir in bacon.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:2.07, Inflammation Score:-8, Nutrition Score:12.688695715821%

Nutrients (% of daily need)

Calories: 281.87kcal (14.09%), Fat: 15.71g (24.17%), Saturated Fat: 6.93g (43.29%), Carbohydrates: 22.95g (7.65%), Net Carbohydrates: 19.34g (7.03%), Sugar: 11.95g (13.28%), Cholesterol: 39.18mg (13.06%), Sodium: 626.33mg (27.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.16g (24.31%), Vitamin A: 1836.9IU (36.74%), Phosphorus: 275.35mg (27.54%), Calcium: 245.02mg (24.5%), Vitamin K: 22.53µg (21.46%), Vitamin B2: 0.33mg (19.45%), Fiber: 3.61g (14.44%), Vitamin B1: 0.21mg (14.13%), Selenium: 9.03µg (12.9%), Manganese: 0.26mg (12.9%), Vitamin C: 9.91mg (12.01%), Potassium: 418mg (11.94%), Vitamin B3: 2.33mg (11.65%), Zinc: 1.71mg (11.38%), Magnesium: 44.08mg (11.02%), Iron: 1.8mg (9.99%), Folate: 39.18µg (9.8%), Vitamin B6: 0.17mg (8.59%), Vitamin B5: 0.78mg (7.78%), Copper: 0.13mg (6.68%), Vitamin B12: 0.25µg (4.1%), Vitamin E: 0.25mg (1.69%), Vitamin D: 0.17µg (1.15%)