



Creamed Peas with Crispy Shallots

READY IN



20 min.

SERVINGS



4

CALORIES



399 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 teaspoon chicken bouillon
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon garlic chopped
- ☐ 1 tablespoon kosher salt plus more for seasoning
- ☐ 1.5 cups milk
- ☐ 0.3 cup olive oil
- ☐ 1 small onion diced

- ☐ 1 tablespoon paprika
- ☐ 2 tablespoons parmesan grated
- ☐ 1 pound peas sweet frozen thawed
- ☐ 1 tablespoon cracked pepper black
- ☐ 1 teaspoon cracked pepper black
- ☐ 1 teaspoon pepper flakes red
- ☐ 1 pinch salt
- ☐ 2 shallots peeled cut into 1/8-inch thin rings

Equipment

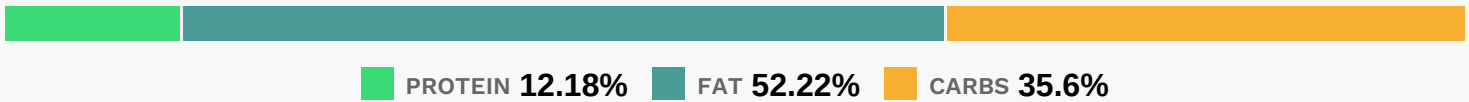
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve

Directions

- ☐ In a large saucepan over medium-high heat, add the butter.
- ☐ Add the red pepper flakes and garlic and cook until garlic begins to brown, about 1 to 2 minutes. Stir in the onions and cook for an additional 1 to 2 minutes to soften.
- ☐ Add the flour and cook for 1 minute while stirring to form a pasty roux.
- ☐ Whisk in the milk and bring to a simmer being sure to remove all of the lumps.
- ☐ Add the peas, Parmesan, chicken bouillon, salt, and pepper. Cook for 2 to 3 minutes.
- ☐ Remove from heat and ladle the mixture into a serving bowl.
- ☐ Serve garnished with crispy shallots.

- ☐
- Put the flour, salt, pepper and paprika in a medium-sized mixing bowl. Toss shallots into the flour to evenly coat.
- ☐
- Put the shallots into a mesh strainer and shake off the excess flour.
- ☐
- In a medium-sized saute pan over medium-high heat, add the olive oil.
- ☐
- Heat the oil until almost smoking and add the shallots. Cook stirring frequently until the shallots begin to brown, about 2 to 3 minutes.
- ☐
- Remove the shallots from the pan onto a paper towel lined platter. Season with salt, to taste.

Nutrition Facts



Properties

Glycemic Index:118.83, Glycemic Load:13.76, Inflammation Score:-9, Nutrition Score:22.856521772302%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 398.56kcal (19.93%), Fat: 23.72g (36.5%), Saturated Fat: 7.76g (48.51%), Carbohydrates: 36.38g (12.13%), Net Carbohydrates: 27.58g (10.03%), Sugar: 12.87g (14.29%), Cholesterol: 27.73mg (9.24%), Sodium: 1897.07mg (82.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.45g (24.91%), Vitamin C: 48.3mg (58.54%), Manganese: 0.94mg (46.82%), Vitamin A: 2232.35IU (44.65%), Vitamin K: 42.5µg (40.48%), Fiber: 8.81g (35.22%), Vitamin B1: 0.47mg (31.58%), Phosphorus: 272.23mg (27.22%), Folate: 104.24µg (26.06%), Vitamin B2: 0.38mg (22.53%), Vitamin E: 3.04mg (20.29%), Calcium: 201.99mg (20.2%), Vitamin B6: 0.4mg (19.89%), Iron: 3.19mg (17.71%), Vitamin B3: 3.48mg (17.38%), Potassium: 582.41mg (16.64%), Magnesium: 64.41mg (16.1%), Zinc: 2.17mg (14.44%), Copper: 0.29mg (14.37%), Selenium: 9.17µg (13.11%), Vitamin B12: 0.54µg (8.93%), Vitamin D: 1.02µg (6.79%), Vitamin B5: 0.68mg (6.75%)