



Creamy Spring Peas With Pancetta

READY IN



30 min.

SERVINGS



8

CALORIES



183 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup heavy cream
- ☐ 1 juice of lemon
- ☐ 8 servings kosher salt
- ☐ 1.5 cups chicken broth low-sodium
- ☐ 4 ounces pancetta chopped
- ☐ 10 ounces peas fresh frozen english shelled thawed
- ☐ 8 servings pepper freshly ground
- ☐ 0.3 pound snow peas trimmed thinly sliced

☐ 1 pound sugar snap peas trimmed

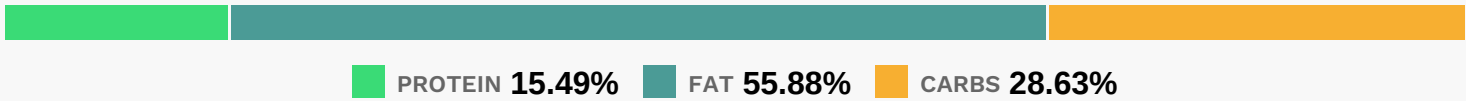
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Bring a large pot of salted water to a boil over high heat. Fill a large bowl with ice water. If using fresh English peas, add to the boiling water and cook until tender, about 1 minute.
- ☐ Add the snap peas and cook until bright green, about 2 minutes, then add the snow peas and cook 30 seconds.
- ☐ Drain the peas and plunge into the ice water to cool.
- ☐ Cook the pancetta in a large skillet over medium heat until crisp, 8 to 10 minutes.
- ☐ Transfer to a paper towel-lined plate with a slotted spoon.
- ☐ Add the flour to the drippings in the skillet and cook, whisking, until toasted, about 1 minute.
- ☐ Whisk in the chicken broth and cream and cook until reduced by one-third, about 6 minutes.
- ☐ Drain the peas, shaking off the excess water, then add to the skillet (if using frozen peas, add them here). Cook, stirring, until heated through, 3 to 5 minutes. Stir in the lemon juice and season with salt and pepper.
- ☐ Transfer to a serving bowl and top with the pancetta.
- ☐ Photograph courtesy Anna Williams

Nutrition Facts



Properties

Glycemic Index:18.92, Glycemic Load:2.41, Inflammation Score:-8, Nutrition Score:13.155217222545%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 183.14kcal (9.16%), Fat: 11.58g (17.81%), Saturated Fat: 5.44g (34.02%), Carbohydrates: 13.34g (4.45%), Net Carbohydrates: 9.39g (3.42%), Sugar: 5.44g (6.04%), Cholesterol: 26.16mg (8.72%), Sodium: 309.62mg (13.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.44%), Vitamin C: 58.24mg (70.59%), Vitamin K: 27.15µg (25.86%), Vitamin A: 1266.17IU (25.32%), Manganese: 0.35mg (17.32%), Vitamin B1: 0.26mg (17.23%), Fiber: 3.95g (15.8%), Folate: 57.59µg (14.4%), Iron: 2.26mg (12.57%), Vitamin B3: 2.47mg (12.33%), Phosphorus: 120.63mg (12.06%), Vitamin B6: 0.22mg (11.17%), Vitamin B2: 0.17mg (9.78%), Potassium: 315.7mg (9.02%), Magnesium: 32.7mg (8.18%), Copper: 0.15mg (7.66%), Selenium: 5.07µg (7.25%), Vitamin B5: 0.7mg (7%), Zinc: 0.89mg (5.96%), Calcium: 52.7mg (5.27%), Vitamin E: 0.53mg (3.52%), Vitamin B12: 0.14µg (2.32%), Vitamin D: 0.29µg (1.96%)