



## Fried Peas

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

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**304 kcal**

SIDE DISH

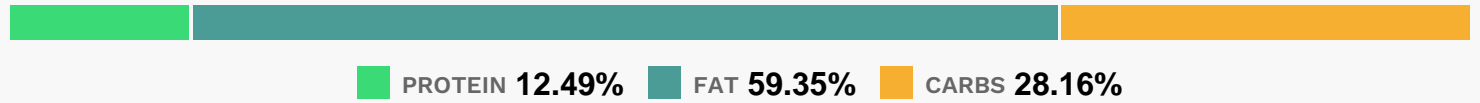
## Ingredients

- 4 slices bacon chopped
- 1 cup mushrooms fresh sliced
- 1 cup mushrooms fresh sliced
- 2 cups peas fresh (, but you definitely want small or baby peas)
- 4 servings butter
- 0.3 cup onion chopped
- 4 servings bell pepper
- 4 servings bell pepper

4 servings salt

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:49.83, Glycemic Load:5.22, Inflammation Score:-10, Nutrition Score:24.934347826087%

## 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 Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

## Nutrients (% of daily need)

Calories: 304.43kcal (15.22%), Fat: 20.91g (32.17%), Saturated Fat: 5.43g (33.94%), Carbohydrates: 22.33g (7.44%), Net Carbohydrates: 14.42g (5.24%), Sugar: 11.74g (13.05%), Cholesterol: 14.52mg (4.84%), Sodium: 483.84mg (21.04%), Protein: 9.9g (19.8%), Vitamin C: 221.5mg (268.48%), Vitamin A: 5728.93IU (114.58%), Vitamin B6: 0.68mg (33.89%), Fiber: 7.91g (31.65%), Folate: 125.87µg (31.47%), Vitamin B3: 5.61mg (28.03%), Vitamin B2: 0.44mg (25.94%), Vitamin B1: 0.38mg (25.26%), Manganese: 0.5mg (25.13%), Vitamin K: 25.32µg (24.12%), Potassium: 708.01mg (20.23%), Vitamin E: 2.98mg (19.89%), Phosphorus: 196.12mg (19.61%), Copper: 0.32mg (15.94%), Selenium: 10.39µg (14.84%), Vitamin B5: 1.41mg (14.12%), Magnesium: 50.19mg (12.55%), Zinc: 1.8mg (11.99%), Iron: 2.06mg (11.44%), Calcium: 37.72mg (3.77%), Vitamin B12: 0.14µg (2.39%), Vitamin D: 0.18µg (1.23%)