



## Green Peas With Crispy Bacon

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



111 kcal

SIDE DISH

### Ingredients

- 2 slices bacon smoked
- 1 teaspoon butter
- 1 tablespoon mint leaves fresh chopped
- 1 sprig garnishes: mint orange rind curl fresh
- 0.5 cup orange juice fresh
- 0.5 teaspoon orange rind grated
- 16 ounce peas sweet green frozen thawed
- 0.5 teaspoon pepper

- 0.3 teaspoon salt
- 1 shallots sliced

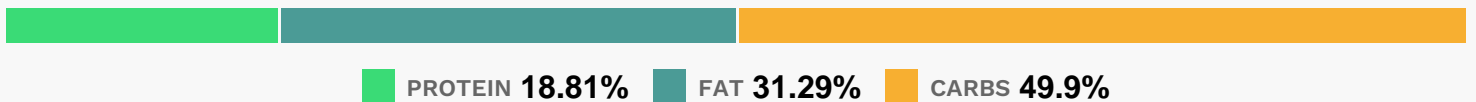
## Equipment

- frying pan
- paper towels

## Directions

- Cook bacon in a medium skillet until crisp; remove and drain on paper towels, reserving 1 teaspoon drippings in skillet. Crumble bacon, and set aside.
- Saut shallot in hot bacon drippings over medium-high heat 2 minutes or until tender. Stir in orange rind, orange juice, pepper, and salt. Cook, stirring occasionally, 5 minutes or until reduced by half.
- Add peas, and cook 5 more minutes; stir in butter and mint.
- Transfer peas to a serving dish, and sprinkle with crumbled bacon.
- Garnish, if desired.
- \*3 cups shelled fresh sweet green peas may be substituted for frozen. Cook peas in boiling water 5 minutes, and proceed with recipe.

## Nutrition Facts



## Properties

Glycemic Index:26.39, Glycemic Load:4.2, Inflammation Score:-7, Nutrition Score:10.10260870988%

## 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 Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 111.43kcal (5.57%), Fat: 3.94g (6.07%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 9.52g (3.46%), Sugar: 6.35g (7.06%), Cholesterol: 4.84mg (1.61%), Sodium: 158.09mg (6.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.67%), Vitamin C: 41.63mg (50.46%), Fiber: 4.63g (18.51%), Vitamin K: 19.08µg (18.17%), Manganese: 0.36mg (17.86%), Vitamin B1: 0.24mg (16.25%), Folate: 57.84µg (14.46%), Vitamin A: 690.06IU (13.8%), Phosphorus: 99.35mg (9.94%), Vitamin B3: 1.99mg (9.93%), Vitamin B6: 0.17mg (8.61%), Copper: 0.15mg (7.71%), Magnesium: 30.03mg (7.51%), Potassium: 262.26mg (7.49%), Iron: 1.29mg (7.19%), Zinc: 1.06mg (7.09%), Vitamin B2: 0.12mg (6.82%), Selenium: 2.92µg (4.17%), Calcium: 26.69mg (2.67%), Vitamin B5: 0.18mg (1.78%), Vitamin E: 0.17mg (1.12%)