



Green Peas With Crispy Bacon

 Gluten Free

READY IN



44 min.

SERVINGS



12

CALORIES



123 kcal

SIDE DISH

Ingredients

- 4 slices bacon
- 2 teaspoons butter
- 2 tablespoons mint leaves fresh chopped
- 1 cup orange juice fresh
- 1 teaspoon orange zest grated
- 12 servings orange zest
- 32 oz peas sweet green frozen thawed
- 1 teaspoon pepper

- 0.5 teaspoon salt
- 2 shallots sliced

Equipment

- frying pan
- paper towels

Directions

- Cook bacon in a medium skillet over medium heat 10 to 12 minutes or until crisp; remove and drain on paper towels, reserving 2 tsp. drippings in skillet. Crumble bacon.
- Saut shallots in hot 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 minutes; stir in mint and butter.
- Transfer peas to a serving dish, and sprinkle with crumbled bacon.
- Garnish, if desired.
- *6 cups shelled fresh sweet green peas may be substituted. Cook peas in boiling water to cover 5 minutes; drain and proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:17.36, Glycemic Load:4.2, Inflammation Score:-7, Nutrition Score:11.630000024386%

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: 122.89kcal (6.14%), Fat: 3.97g (6.11%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 17.1g (5.7%), Net Carbohydrates: 11.22g (4.08%), Sugar: 6.35g (7.06%), Cholesterol: 6.63mg (2.21%), Sodium: 155.94mg (6.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.02%), Vitamin C: 57.72mg (69.96%), Fiber: 5.88g (23.53%), Vitamin K: 19.13µg (18.22%), Manganese: 0.36mg (17.86%), Vitamin B1: 0.26mg (17.2%), Folate: 61.41µg (15.35%), Vitamin A: 730.78IU (14.62%), Vitamin B3: 2.09mg (10.46%), Phosphorus: 101.85mg (10.18%), Vitamin B6: 0.19mg (9.65%), Copper: 0.17mg (8.26%), Potassium: 287.2mg (8.21%), Magnesium: 32.62mg (8.16%), Iron: 1.39mg (7.72%), Vitamin B2: 0.13mg (7.44%), Zinc: 1.09mg (7.29%), Calcium: 45.69mg (4.57%), Selenium: 3.04µg (4.35%), Vitamin B5: 0.24mg (2.36%), Vitamin E: 0.19mg (1.27%)