



Hot Pecan Peas



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



10

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 32 ounce baby peas sweet frozen thaw (do not)
- ☐ 4 slices bacon chopped
- ☐ 1 teaspoon creole seasoning
- ☐ 0.5 cup onion chopped
- ☐ 1 cup pecans toasted chopped
- ☐ 0.5 cup water

Equipment

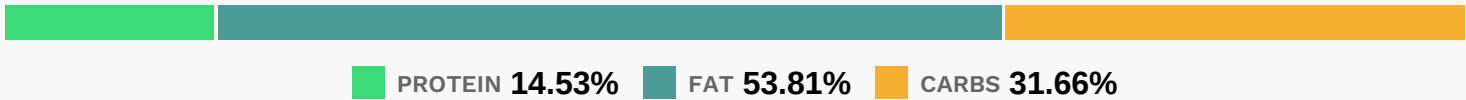
- ☐ frying pan

- ☐ paper towels
- ☐ oven

Directions

- ☐ Cook bacon in a large skillet over medium heat until crisp; remove bacon, and drain on paper towels, reserving 1 tablespoon drippings in skillet.
- ☐ Stir onion into hot drippings in skillet. Reduce heat to medium low; cook 15 minutes or until lightly browned.
- ☐ Add peas, 1/2 cup water, and Creole seasoning; cook 10 minutes, stirring occasionally, or until peas are tender. Stir in bacon and pecans.
- ☐ Note: To toast pecans, bake in a shallow pan at 350, stirring occasionally, 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:3.73, Inflammation Score:-7, Nutrition Score:13.348695567769%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 189.33kcal (9.47%), Fat: 11.75g (18.07%), Saturated Fat: 1.92g (11.99%), Carbohydrates: 15.55g (5.18%), Net Carbohydrates: 9.14g (3.33%), Sugar: 5.94g (6.6%), Cholesterol: 5.81mg (1.94%), Sodium: 63.76mg (2.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.28%), Vitamin C: 37.15mg (45.03%), Manganese: 0.88mg (43.89%), Fiber: 6.41g (25.63%), Vitamin B1: 0.34mg (22.79%), Vitamin K: 23.07µg (21.97%), Folate: 63.1µg (15.77%), Vitamin A: 786.74IU (15.73%), Copper: 0.3mg (15%), Phosphorus: 143.75mg (14.37%), Vitamin B3: 2.4mg (12.02%), Zinc: 1.74mg (11.62%), Magnesium: 45.4mg (11.35%), Vitamin B6: 0.21mg (10.71%), Iron: 1.68mg (9.32%), Potassium: 299.18mg (8.55%), Vitamin B2: 0.14mg (8.53%), Selenium: 3.87µg (5.53%), Calcium: 33.24mg (3.32%), Vitamin B5:

0.25mg (2.47%), Vitamin E: 0.37mg (2.46%)