



## I Like My Peas with Pancetta

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



406 kcal

SIDE DISH

### Ingredients

- 12 oz peas fresh sweet shelled rinsed
- 4 oz guanciale (omit if vegetarian)
- 1 small onion sliced
- 1 cloves garlic
- 2 cherry tomatoes halved
- 4 servings red wine vinegar
- 1 small handful parsley chopped
- 4 servings salt and pepper

4 servings olive oil extra virgin

## Equipment

frying pan

pot

## Directions

Bring a medium pot up to boil. In the meantime, in a medium skillet on medium-low heat, slowly render down the pancetta for 4-5 minutes, trying not to brown it and not crispy. If it starts to brown remove the pan from the heat or lower the flame.

Next add garlic & onion, saut for 5-6 minutes.

(Vegetarian Note: Just omit the the pancetta & saut the onions & garlic in olive oil.)

When the onions & garlic are about 2 minutes from being ready, add the tomatoes.

At the same time toss the peas in the water and blanch for 2-3 minutes. You want them approximately half-cooked. Strain the peas and throw them directly into the pan with the pancetta adding a spoonful of the pea-water. Allow to cook until peas are cooked but still have a bite.

Taste and adjust the seasoning with salt & pepper.

Just before you serve, toss in the herbs and drizzle with good extra virgin olive oil.

## Nutrition Facts

  
**PROTEIN 7.79%** **FAT 78.05%** **CARBS 14.16%**

## Properties

Glycemic Index:33.33, Glycemic Load:3.72, Inflammation Score:-7, Nutrition Score:11.974782608696%

## 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 Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

## Taste

Sweetness: 34.8%, Saltiness: 64.08%, Sourness: 13.84%, Bitterness: 9.3%, Savoriness: 45.5%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 406.1kcal (20.31%), Fat: 35.64g (54.83%), Saturated Fat: 10.1g (63.14%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 9.29g (3.38%), Sugar: 5.79g (6.44%), Cholesterol: 30.37mg (10.12%), Sodium: 444.04mg (19.31%), Protein: 8g (16%), Vitamin C: 38.84mg (47.08%), Vitamin K: 46.24µg (44.04%), Fiber: 5.25g (21.01%), Manganese: 0.4mg (19.86%), Vitamin B1: 0.24mg (15.98%), Vitamin A: 776.84IU (15.54%), Folate: 61.25µg (15.31%), Vitamin E: 2.19mg (14.57%), Phosphorus: 101.44mg (10.14%), Vitamin B3: 1.86mg (9.31%), Vitamin B6: 0.18mg (9.08%), Iron: 1.52mg (8.46%), Copper: 0.17mg (8.36%), Magnesium: 31.47mg (7.87%), Potassium: 262.28mg (7.49%), Zinc: 1.12mg (7.45%), Vitamin B2: 0.12mg (7.1%), Calcium: 29.52mg (2.95%), Selenium: 1.77µg (2.53%), Vitamin B5: 0.13mg (1.29%)