



Minted Green Peas With Onion

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



247 kcal

SIDE DISH

Ingredients

- 3 slices bacon
- 0.3 cup butter
- 3 egg yolks slightly beaten
- 1 tablespoon mint leaves fresh chopped
- 6 cups peas fresh green shelled cleaned (6 pounds unshelled)
- 48 pearl onions peeled
- 1.5 teaspoons pepper
- 1 tablespoon salt

- 0.8 cup water boiling
- 1 cup whipping cream

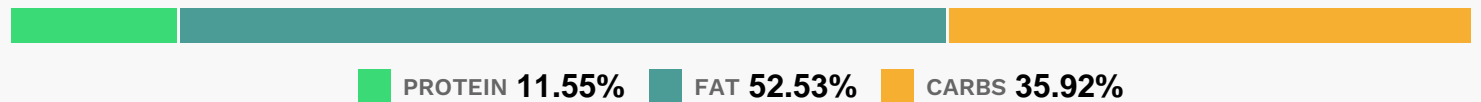
Equipment

- frying pan
- dutch oven

Directions

- Melt butter in a large Dutch oven; add bacon, and saut until crisp.
- Remove bacon, and reserve for other uses.
- Add peas, onions, mint, and boiling water to pan drippings. Cover and simmer 20 minutes or until peas are tender.
- Drain and set aside; keep warm.
- Combine egg yolks, whipping cream, salt, and pepper; stir well.
- Pour sauce over peas and onions.

Nutrition Facts



Properties

Glycemic Index:8.61, Glycemic Load:5.3, Inflammation Score:-8, Nutrition Score:13.241739086483%

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: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 24.36mg, Quercetin: 24.36mg, Quercetin: 24.36mg, Quercetin: 24.36mg

Nutrients (% of daily need)

Calories: 246.51kcal (12.33%), Fat: 14.76g (22.71%), Saturated Fat: 6.62g (41.37%), Carbohydrates: 22.71g (7.57%), Net Carbohydrates: 16.44g (5.98%), Sugar: 9.8g (10.89%), Cholesterol: 74.64mg (24.88%), Sodium: 679.23mg (29.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.31g (14.61%), Vitamin C: 38.14mg (46.23%), Fiber: 6.27g (25.08%), Manganese: 0.49mg (24.68%), Vitamin A: 1103.73IU (22.07%), Folate: 77.85µg (19.46%), Vitamin K: 19.54µg (18.61%), Vitamin B1: 0.28mg (18.41%), Vitamin B6: 0.31mg (15.28%), Phosphorus: 151.86mg (15.19%), Vitamin B2: 0.2mg (11.58%), Potassium: 394.54mg (11.27%), Magnesium: 39.26mg (9.82%), Vitamin B3: 1.9mg (9.5%), Copper: 0.19mg (9.49%), Zinc: 1.33mg (8.86%), Selenium: 6.14µg (8.77%), Iron: 1.53mg (8.52%), Calcium: 69.24mg (6.92%), Vitamin B5: 0.45mg (4.48%), Vitamin E: 0.59mg (3.93%), Vitamin D: 0.58µg (3.88%), Vitamin B12: 0.15µg (2.53%)