



Minted Peas with Prosciutto

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



149 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup less-sodium chicken broth fat-free
- 1 tablespoon mint leaves fresh chopped
- 2 garlic cloves minced
- 2 teaspoons juice of lemon fresh
- 0.3 teaspoon lemon rind fresh grated
- 0.3 cup onion finely chopped ()
- 16 ounce peas green frozen

0.5 cup pancetta thinly sliced coarsely chopped

0.1 teaspoon salt

Equipment

frying pan

Directions

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.

Add prosciutto, and cook 3 minutes, stirring frequently.

Add onion and garlic; saut 2 minutes or until tender.

Add peas and broth; cook 4 minutes or until peas are thoroughly heated.

Remove from heat; stir in mint and remaining ingredients.

Nutrition Facts



PROTEIN 18.16% **FAT 48.86%** **CARBS 32.98%**

Properties

Glycemic Index:22.22, Glycemic Load:3.16, Inflammation Score:-6, Nutrition Score:10.077826147494%

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: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 149.31kcal (7.47%), Fat: 8.18g (12.58%), Saturated Fat: 2.68g (16.77%), Carbohydrates: 12.42g (4.14%), Net Carbohydrates: 7.87g (2.86%), Sugar: 4.64g (5.16%), Cholesterol: 13.01mg (4.34%), Sodium: 235.06mg (10.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.68%), Vitamin C: 32.06mg (38.86%), Fiber: 4.55g (18.18%), Vitamin K: 18.93µg (18.03%), Manganese: 0.36mg (17.98%), Vitamin B1: 0.26mg (17.51%), Folate: 51.87µg (12.97%), Vitamin A: 621.85IU (12.44%), Vitamin B3: 2.48mg (12.38%), Phosphorus: 115.77mg (11.58%), Vitamin B6:

0.2mg (10.23%), Selenium: 5.78µg (8.26%), Zinc: 1.21mg (8.05%), Copper: 0.15mg (7.68%), Magnesium: 29.28mg (7.32%), Vitamin B2: 0.12mg (7.29%), Iron: 1.29mg (7.19%), Potassium: 248.73mg (7.11%), Calcium: 26.37mg (2.64%), Vitamin B5: 0.22mg (2.24%), Vitamin B12: 0.12µg (2.06%), Vitamin E: 0.19mg (1.26%)