



Parmesan Peas

 **Gluten Free**

READY IN



18 min.

SERVINGS



6

CALORIES



278 kcal

SIDE DISH

Ingredients

- 6 servings pepper black freshly ground
- 2 tablespoons canola oil
- 1 cup heavy cream
- 0.3 cup freshly mint leaves chopped
- 0.5 cup parmesan grated
- 1 pound peas fresh green frozen english
- 6 servings salt
- 2 large shallots diced

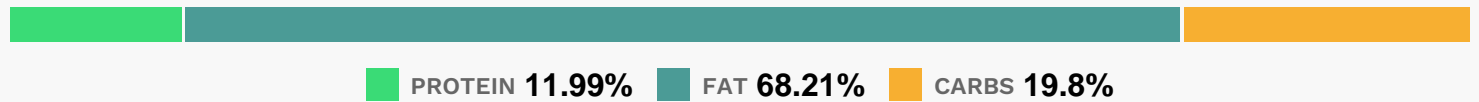
Equipment

frying pan

Directions

- In a large saute pan, add the oil and shallots over medium heat and cook shallots until they are transparent and tender, about 5 minutes.
- Add the peas and warm through. Next add the heavy cream and Parmesan and continue to cook until all of the cheese has been incorporated. Adjust seasoning just before serving and, if you like, sprinkle with chopped fresh mint.

Nutrition Facts



Properties

Glycemic Index:22.22, Glycemic Load:3.34, Inflammation Score:-8, Nutrition Score:12.2160869474%

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: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg

Nutrients (% of daily need)

Calories: 277.59kcal (13.88%), Fat: 21.47g (33.03%), Saturated Fat: 10.9g (68.1%), Carbohydrates: 14.02g (4.67%), Net Carbohydrates: 9.27g (3.37%), Sugar: 6.17g (6.85%), Cholesterol: 50.49mg (16.83%), Sodium: 343.38mg (14.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.98%), Vitamin C: 31.74mg (38.47%), Vitamin A: 1307.04IU (26.14%), Vitamin K: 23.72µg (22.59%), Fiber: 4.75g (19%), Manganese: 0.37mg (18.58%), Phosphorus: 169.01mg (16.9%), Calcium: 151.95mg (15.19%), Vitamin B1: 0.22mg (14.59%), Folate: 56.3µg (14.07%), Vitamin B2: 0.21mg (12.29%), Vitamin B6: 0.18mg (9.03%), Zinc: 1.32mg (8.78%), Magnesium: 34.82mg (8.7%), Vitamin E: 1.3mg (8.68%), Vitamin B3: 1.68mg (8.39%), Iron: 1.43mg (7.92%), Copper: 0.16mg (7.75%), Potassium: 269.68mg (7.71%), Selenium: 4.53µg (6.47%), Vitamin D: 0.68µg (4.51%), Vitamin B12: 0.16µg (2.72%), Vitamin B5: 0.25mg (2.49%)