



 **6%**  
HEALTH SCORE

## Parmesan Peas

 **Gluten Free**

READY IN



**15 min.**

SERVINGS



**8**

CALORIES



**172 kcal**

**SIDE DISH**

### Ingredients

- 1 cup cup heavy whipping cream
- 0.5 cup parmesan
- 16 ounces peas frozen thawed
- 0.1 teaspoon pepper
- 0.1 teaspoon salt

### Equipment

### Nutrition Facts

PROTEIN 14.09% FAT 64.79% CARBS 21.12%

## Properties

Glycemic Index:12.92, Glycemic Load:2.25, Inflammation Score:-6, Nutrition Score:8.3052173913043%

## 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

## Nutrients (% of daily need)

Calories: 171.65kcal (8.58%), Fat: 12.58g (19.36%), Saturated Fat: 7.91g (49.43%), Carbohydrates: 9.23g (3.08%), Net Carbohydrates: 5.99g (2.18%), Sugar: 4.13g (4.59%), Cholesterol: 37.87mg (12.62%), Sodium: 147.33mg (6.41%), Protein: 6.16g (12.31%), Vitamin C: 22.86mg (27.71%), Vitamin A: 920.06IU (18.4%), Vitamin K: 15.17µg (14.45%), Fiber: 3.24g (12.96%), Phosphorus: 121.91mg (12.19%), Manganese: 0.24mg (11.9%), Calcium: 107.97mg (10.8%), Vitamin B1: 0.16mg (10.62%), Folate: 38.49µg (9.62%), Vitamin B2: 0.15mg (8.92%), Zinc: 0.95mg (6.31%), Vitamin B3: 1.22mg (6.11%), Magnesium: 23.6mg (5.9%), Vitamin B6: 0.11mg (5.6%), Copper: 0.11mg (5.28%), Iron: 0.92mg (5.1%), Potassium: 172.78mg (4.94%), Selenium: 3.32µg (4.74%), Vitamin D: 0.51µg (3.38%), Vitamin E: 0.36mg (2.41%), Vitamin B12: 0.12µg (2.04%), Vitamin B5: 0.16mg (1.64%)