



## Parmesan Rice and Peas with Bacon

READY IN



35 min.

SERVINGS



8

CALORIES



111 kcal

SIDE DISH

### Ingredients

- 2 slices bacon chopped
- 0.5 cup onion chopped
- 1 cup regular hamburger long-grain uncooked
- 2 cups chicken broth (from 32 oz carton)
- 1 cup peas sweet frozen thawed
- 0.8 cup parmesan cheese grated
- 0.1 teaspoon pepper

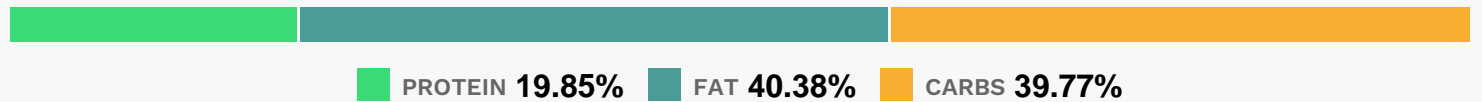
### Equipment

sauce pan

## Directions

- In 2-quart saucepan, cook bacon over medium heat 3 to 4 minutes, stirring occasionally, until crisp. Stir in onion. Cook about 1 minute, stirring occasionally, until onion is tender.
- Stir in rice until well coated with bacon drippings. Stir in broth.
- Heat to boiling; reduce heat to low. Cover and simmer about 20 minutes or until rice is tender and broth is absorbed.
- Gently stir in peas. Cover and cook 1 to 2 minutes or until peas are hot; remove from heat. Stir in cheese and pepper.

## Nutrition Facts



## Properties

Glycemic Index:12.92, Glycemic Load:0.91, Inflammation Score:-5, Nutrition Score:8.1039130480393%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 111.43kcal (5.57%), Fat: 5.15g (7.93%), Saturated Fat: 2.24g (14%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 9.27g (3.37%), Sugar: 2.51g (2.79%), Cholesterol: 12.96mg (4.32%), Sodium: 463.92mg (20.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.4%), Manganese: 0.43mg (21.54%), Folate: 80.2µg (20.05%), Iron: 2.77mg (15.38%), Phosphorus: 116.95mg (11.7%), Calcium: 108.98mg (10.9%), Vitamin C: 8.98mg (10.89%), Zinc: 1.62mg (10.81%), Vitamin B2: 0.17mg (9.88%), Vitamin B1: 0.14mg (9.66%), Fiber: 2.16g (8.63%), Vitamin B3: 1.57mg (7.85%), Selenium: 5.39µg (7.7%), Vitamin B6: 0.15mg (7.35%), Vitamin B12: 0.41µg (6.9%), Vitamin A: 305.79IU (6.12%), Vitamin K: 4.89µg (4.65%), Magnesium: 18.15mg (4.54%), Copper: 0.08mg (4.09%), Potassium: 126.55mg (3.62%), Vitamin D: 0.23µg (1.54%), Vitamin B5: 0.14mg (1.43%), Vitamin E: 0.17mg (1.16%)