



## Parmesan Rice and Peas with Bacon

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



169 kcal

SIDE DISH

### Ingredients

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

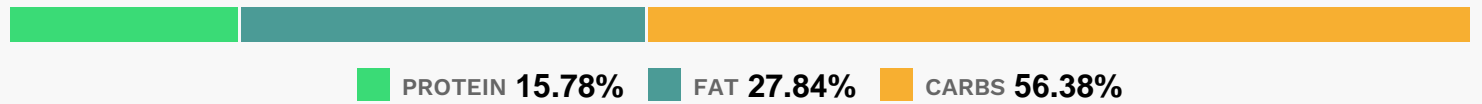
### Equipment

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:20.56, Glycemic Load:12.04, Inflammation Score:-3, Nutrition Score:5.9052174389362%

## 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: 169.09kcal (8.45%), Fat: 5.17g (7.95%), Saturated Fat: 2.25g (14.07%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 22.03g (8.01%), Sugar: 1.74g (1.93%), Cholesterol: 12.96mg (4.32%), Sodium: 420.9mg (18.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.18%), Manganese: 0.38mg (18.92%), Selenium: 8.49µg (12.13%), Phosphorus: 118.83mg (11.88%), Calcium: 98.94mg (9.89%), Vitamin C: 7.99mg (9.68%), Zinc: 1.01mg (6.71%), Vitamin B1: 0.1mg (6.61%), Vitamin B2: 0.11mg (6.44%), Fiber: 1.51g (6.05%), Vitamin B3: 1.12mg (5.59%), Vitamin B6: 0.1mg (5.14%), Copper: 0.1mg (5.1%), Vitamin K: 4.77µg (4.54%), Vitamin A: 223.33IU (4.47%), Magnesium: 17.34mg (4.34%), Folate: 16.1µg (4.02%), Potassium: 124.55mg (3.56%), Vitamin B5: 0.33mg (3.32%), Iron: 0.58mg (3.23%), Vitamin B12: 0.17µg (2.76%)