



Peas and Onions Alfredo

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



80 kcal

SIDE DISH

Ingredients

- 18 ounces pearl onions sweet frozen
- 2 ounces pimientos diced drained
- 0.5 cup alfredo sauce (from 1-pound jar)
- 2 tablespoons parmesan fresh shredded

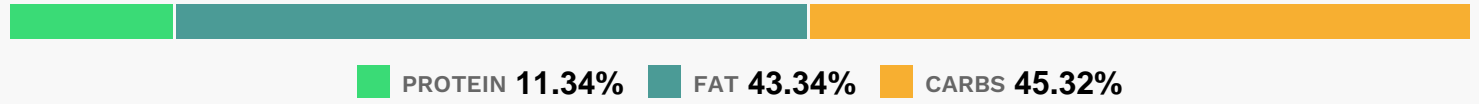
Equipment

- bowl

Directions

- Cook peas and onions as directed on package.
- Place peas and onions in serving bowl. Stir in pimientos and Alfredo sauce.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:1.94, Inflammation Score:-5, Nutrition Score:3.4078261371216%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 17.26mg, Quercetin: 17.26mg, Quercetin: 17.26mg

Nutrients (% of daily need)

Calories: 80.4kcal (4.02%), Fat: 3.94g (6.06%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 7.61g (2.77%), Sugar: 4.26g (4.74%), Cholesterol: 14.69mg (4.9%), Sodium: 170.61mg (7.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Vitamin C: 16.12mg (19.54%), Fiber: 1.66g (6.65%), Vitamin B6: 0.13mg (6.42%), Manganese: 0.12mg (5.94%), Vitamin A: 265.61IU (5.31%), Folate: 16.94µg (4.23%), Potassium: 143.94mg (4.11%), Calcium: 39.96mg (4%), Phosphorus: 38.22mg (3.82%), Vitamin B1: 0.04mg (2.78%), Magnesium: 9.9mg (2.47%), Iron: 0.39mg (2.15%), Vitamin B2: 0.04mg (2.08%), Copper: 0.04mg (1.97%), Zinc: 0.21mg (1.41%), Vitamin K: 1.33µg (1.27%), Selenium: 0.82µg (1.17%), Vitamin B5: 0.11mg (1.13%)