



Peas and Prosciutto

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



6

CALORIES



214 kcal

SIDE DISH

Ingredients

- 1 cup chicken broth
- 4 garlic cloves crushed peeled
- 15 ounce peas green drained canned
- 1 cup fine-quality olive oil (such as Filippo Berio)
- 0.5 cup onion finely chopped
- 0.5 cup pancetta diced
- 6 servings salt and pepper to taste

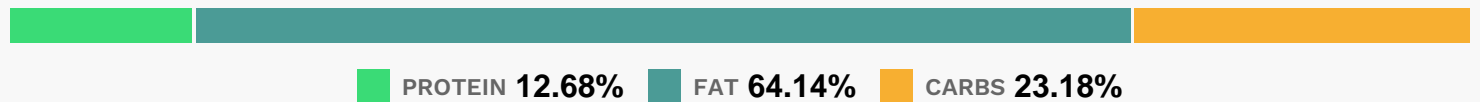
Equipment

- frying pan
- sauce pan

Directions

- Heat oil in a large saute pan over medium heat.
- Add onion and saute for 3 minutes or until translucent. Stir in the prosciutto and saute for an additional 3 minutes.
- Add the peas, broth and salt and pepper. Cook for about 3 minutes or until hot.
- Drain off all liquid.
- This recipe was provided by a chef, restaurant or culinary professional and may have been scaled down from a bulk recipe. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.
- Heat oil in a small, heavy saucepan on medium-low heat.
- Add garlic and barely simmer until garlic is just beginning to brown.
- Remove and discard garlic.
- Pour oil into a clear container and reserve, at room temperature, to use as flavored oil for frying and sauteing.

Nutrition Facts



Properties

Glycemic Index:16.89, Glycemic Load:3.19, Inflammation Score:-6, Nutrition Score:10.230434842732%

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 Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 213.93kcal (10.7%), Fat: 15.41g (23.71%), Saturated Fat: 3.68g (22.99%), Carbohydrates: 12.54g (4.18%), Net Carbohydrates: 8.23g (2.99%), Sugar: 4.77g (5.3%), Cholesterol: 13.8mg (4.6%), Sodium: 474.18mg (20.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.71%), Vitamin C: 29.96mg (36.32%), Vitamin K: 22µg (20.95%), Manganese: 0.36mg (18.1%), Vitamin B1: 0.26mg (17.42%), Fiber: 4.31g (17.23%), Folate: 48.66µg (12.17%), Vitamin B3: 2.39mg (11.95%), Phosphorus: 113.43mg (11.34%), Vitamin A: 550.71IU (11.01%), Vitamin B6: 0.21mg (10.65%), Vitamin E: 1.23mg (8.22%), Selenium: 5.75µg (8.21%), Vitamin B2: 0.14mg (8.14%), Zinc: 1.19mg (7.9%), Copper: 0.15mg (7.51%), Potassium: 246.62mg (7.05%), Magnesium: 27.98mg (7%), Iron: 1.25mg (6.97%), Calcium: 27.15mg (2.71%), Vitamin B5: 0.22mg (2.15%), Vitamin B12: 0.11µg (1.77%)