



Peas - Field Peas

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



133 kcal

SIDE DISH

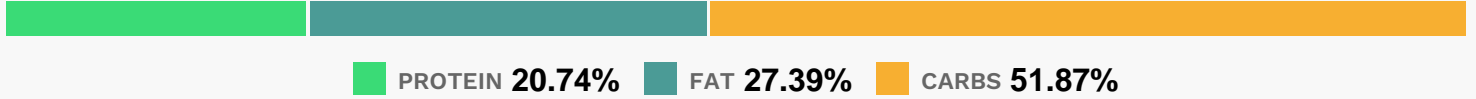
Ingredients

- 1 slice bacon
- 1 tablespoon bacon
- 2 chicken stock cube
- 1.5 tablespoons garlic minced
- 0.5 small onion chopped
- 2 lbs peas frozen with green bean snaps
- 8 servings salt and pepper
- 1 pinch sugar

1 tablespoon vegetable oil

Equipment

Nutrition Facts



Properties

Glycemic Index:21.43, Glycemic Load:4.69, Inflammation Score:-7, Nutrition Score:13.164347826087%

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 Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 133.19kcal (6.66%), Fat: 4.13g (6.35%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 17.6g (5.87%), Net Carbohydrates: 11.03g (4.01%), Sugar: 6.93g (7.7%), Cholesterol: 3.16mg (1.05%), Sodium: 469.08mg (20.39%), Protein: 7.04g (14.07%), Vitamin C: 46.16mg (55.95%), Vitamin K: 31.29µg (29.8%), Fiber: 6.57g (26.28%), Manganese: 0.5mg (24.91%), Vitamin B1: 0.32mg (21.36%), Folate: 74.91µg (18.73%), Vitamin A: 869.44IU (17.39%), Phosphorus: 134.32mg (13.43%), Vitamin B3: 2.6mg (12.98%), Vitamin B6: 0.23mg (11.44%), Copper: 0.21mg (10.39%), Zinc: 1.49mg (9.91%), Magnesium: 39.35mg (9.84%), Iron: 1.73mg (9.63%), Vitamin B2: 0.16mg (9.45%), Potassium: 301.33mg (8.61%), Selenium: 3.48µg (4.97%), Calcium: 34.29mg (3.43%), Vitamin E: 0.31mg (2.09%), Vitamin B5: 0.16mg (1.64%)