



Peas in Three-Cheese Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



312 kcal

SAUCE

Ingredients

- 6 servings pepper black freshly ground
- 3 tablespoons butter
- 3 cloves garlic finely chopped
- 0.3 teaspoon ground nutmeg
- 1 cup heavy cream
- 0.3 cup parmesan grated
- 16 ounce peas frozen thawed
- 2 tablespoons pecorino-romano grated

- 6 servings salt
- 3 shallots finely chopped
- 0.3 cup cheddar shredded white

Equipment

- sauce pan

Directions

- Heat butter in a saucepan and saute garlic and shallots in a saucepan until translucent. Reduce heat to low and add cream and nutmeg. Allow to reduce by about 1/2
- Remove from heat and stir in peas, Parmesan and Cheddar, and cook until cheese is incorporated. Season with pepper and sprinkle with Romano cheese. Cheese will be salty so add salt only if needed after all cheeses are added.

Nutrition Facts

PROTEIN 12.16% **FAT 68.86%** **CARBS 18.98%**

Properties

Glycemic Index:56.22, Glycemic Load:3.7, Inflammation Score:-8, Nutrition Score:12.808695565099%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 312.06kcal (15.6%), Fat: 24.37g (37.49%), Saturated Fat: 15.2g (95.02%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 10.33g (3.76%), Sugar: 6.55g (7.28%), Cholesterol: 71.66mg (23.89%), Sodium: 405.13mg (17.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.69g (19.37%), Vitamin C: 31.95mg (38.72%), Vitamin A: 1450.84IU (29.02%), Vitamin K: 21.08µg (20.08%), Phosphorus: 196.44mg (19.64%), Manganese: 0.39mg (19.48%), Fiber: 4.78g (19.13%), Calcium: 182.71mg (18.27%), Vitamin B1: 0.22mg (14.99%), Folate: 57.14µg (14.28%), Vitamin B2: 0.23mg (13.73%), Vitamin B6: 0.21mg (10.74%), Zinc: 1.54mg (10.24%), Magnesium: 36.02mg (9%), Selenium: 6.26µg (8.94%), Vitamin B3: 1.67mg (8.33%), Potassium: 284.63mg (8.13%), Copper: 0.16mg (7.98%), Iron: 1.41mg (7.83%), Vitamin D: 0.71µg (4.72%), Vitamin E: 0.7mg (4.64%), Vitamin B12: 0.23µg (3.79%), Vitamin B5: 0.29mg (2.92%)