

Peas Supreme

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



268 kcal

SIDE DISH

Ingredients

- ☐ 4 strips bacon cut into bite-size pieces
- ☐ 4 ounce mushrooms fresh sliced
- ☐ 1 pinch salt and ground pepper black to taste
- ☐ 1 cup heavy whipping cream
- ☐ 16 ounce peas green frozen thawed
- ☐ 0.5 cup onion red chopped
- ☐ 2 teaspoons cooking sherry
- ☐ 1 dash worcestershire sauce to taste

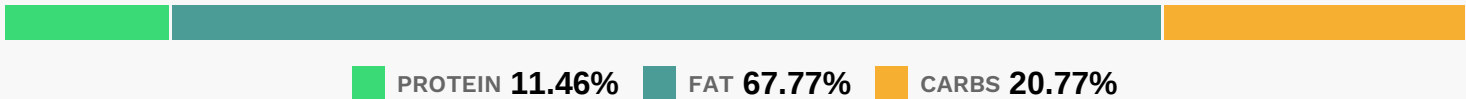
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Pour peas in a saucepan and cover with water. Bring water to a boil, reduce heat to medium-low, and simmer until peas are hot and tender, 5 to 7 minutes; drain.
- ☐ Cook and stir bacon in a large skillet over medium-high heat until the fat renders and the bacon is crisp, 7 to 10 minutes. Stir onion into the bacon dripping; cook and stir with the bacon until tender, 5 to 7 minutes.
- ☐ Pour cream over the bacon mixture; cook and stir until the cream thickens, about 5 minutes. Season thickened cream with monosodium glutamate, salt, and pepper.
- ☐ Pour sherry into the thickened cream.
- ☐ Add drained peas and mushrooms to the skillet; gently stir to coat.

Nutrition Facts



Properties

Glycemic Index:25.06, Glycemic Load:3.34, Inflammation Score:-7, Nutrition Score:12.23652181418%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 268.29kcal (13.41%), Fat: 20.52g (31.57%), Saturated Fat: 11.14g (69.64%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 9.42g (3.43%), Sugar: 6.42g (7.13%), Cholesterol: 54.5mg (18.17%), Sodium: 115.31mg (5.01%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 7.81g (15.62%), Vitamin C: 31.88mg (38.65%), Vitamin A: 1167.35IU (23.35%), Vitamin K: 20.11µg (19.15%), Fiber: 4.73g (18.92%), Vitamin B1: 0.27mg (18.08%), Manganese:

0.34mg (17.11%), Vitamin B2: 0.27mg (15.67%), Phosphorus: 146.32mg (14.63%), Vitamin B3: 2.9mg (14.48%), Folate: 56.51µg (14.13%), Vitamin B6: 0.22mg (10.86%), Copper: 0.21mg (10.47%), Selenium: 7.33µg (10.47%), Potassium: 333.49mg (9.53%), Zinc: 1.33mg (8.86%), Magnesium: 32.74mg (8.18%), Iron: 1.35mg (7.49%), Vitamin B5: 0.56mg (5.61%), Calcium: 49.85mg (4.98%), Vitamin D: 0.73µg (4.87%), Vitamin E: 0.53mg (3.54%), Vitamin B12: 0.14µg (2.41%)