



Peas with Bacon and Almonds



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 3.5 cups peas sweet frozen
- ☐ 2 slices bacon chopped
- ☐ 2 tablespoons onion finely chopped
- ☐ 0.3 cup slivered almonds
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon salt
- ☐ 1 Dash pepper

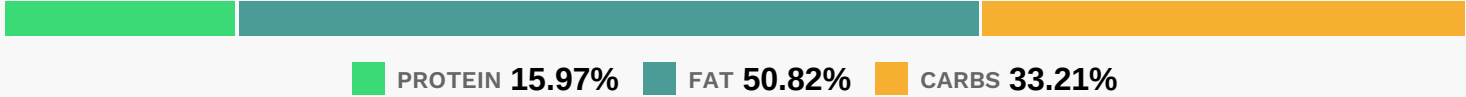
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Cook peas as directed on bag; drain.
- ☐ Meanwhile, in 10-inch nonstick skillet, cook bacon over medium-high heat 4 to 5 minutes, stirring occasionally, until crisp.
- ☐ Remove bacon from skillet with slotted spoon; drain on paper towels.
- ☐ Add onion and almonds to bacon drippings in skillet; cook over medium-high heat 3 to 4 minutes, stirring frequently, until onion is tender and almonds are lightly browned.
- ☐ Remove from skillet.
- ☐ In same skillet, melt butter over medium-high heat.
- ☐ Add cooked peas, bacon, onion, almonds, salt and pepper; toss.

Nutrition Facts



Properties

Glycemic Index:18.89, Glycemic Load:3.37, Inflammation Score:-7, Nutrition Score:11.345652280294%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 160.08kcal (8%), Fat: 9.26g (14.24%), Saturated Fat: 1.99g (12.42%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 8.17g (2.97%), Sugar: 5.13g (5.7%), Cholesterol: 4.84mg (1.61%), Sodium: 290.75mg (12.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.09%), Vitamin C: 34.09mg (41.32%), Manganese:

0.46mg (22.87%), Fiber: 5.44g (21.78%), Vitamin K: 21.02µg (20.02%), Vitamin B1: 0.26mg (17.1%), Vitamin A: 816.91IU (16.34%), Folate: 57.64µg (14.41%), Phosphorus: 125.62mg (12.56%), Vitamin B3: 2.23mg (11.15%), Magnesium: 41.45mg (10.36%), Vitamin B2: 0.17mg (10.09%), Copper: 0.2mg (10%), Vitamin E: 1.44mg (9.59%), Vitamin B6: 0.17mg (8.65%), Zinc: 1.28mg (8.55%), Iron: 1.45mg (8.06%), Potassium: 260.98mg (7.46%), Selenium: 3.2µg (4.57%), Calcium: 35.98mg (3.6%), Vitamin B5: 0.16mg (1.58%)