



Peas with Browned Butter, Caramelized Onions, and Prosciutto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



355 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 cup butter divided
- ☐ 0.5 cup chicken broth
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion chopped
- ☐ 16 ounce peas sweet frozen

- ☐ 0.3 teaspoon pepper
- ☐ 3 ounces pancetta thinly sliced
- ☐ 1 tablespoon sugar

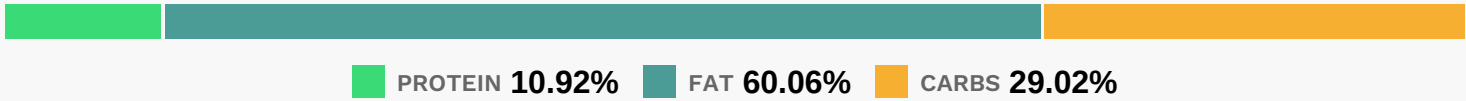
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook peas according to package directions, substituting 1/2 cup broth for water.
- ☐ Drain; set aside in a serving bowl, and keep warm.
- ☐ Cook prosciutto in a large skillet over medium-high heat until crisp.
- ☐ Remove prosciutto from pan; cool and coarsely crumble.
- ☐ Melt 1 tablespoon butter with oil in large skillet over medium-high heat.
- ☐ Add onion; cook 28 minutes or until golden, stirring occasionally.
- ☐ While onions cook, melt remaining 3 tablespoons butter in a small saucepan over medium-low heat. Cook 5 minutes or until butter is browned, stirring occasionally. Stir sugar, vinegar, thyme, and pepper into onion; cook 2 more minutes.
- ☐ Remove from heat. Stir caramelized onion and crumbled prosciutto into peas.
- ☐ Pour browned butter over peas.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:68.36, Glycemic Load:8.07, Inflammation Score:-8, Nutrition Score:16.250869753568%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg

Nutrients (% of daily need)

Calories: 354.5kcal (17.72%), Fat: 24.04g (36.98%), Saturated Fat: 10.72g (66.97%), Carbohydrates: 26.13g (8.71%), Net Carbohydrates: 18.59g (6.76%), Sugar: 12.7g (14.11%), Cholesterol: 45.12mg (15.04%), Sodium: 350.11mg (15.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.84g (19.67%), Vitamin C: 49.83mg (60.4%), Vitamin K: 32.74µg (31.18%), Fiber: 7.54g (30.15%), Manganese: 0.58mg (29.22%), Vitamin B1: 0.4mg (26.35%), Vitamin A: 1234.75IU (24.7%), Folate: 85.73µg (21.43%), Phosphorus: 176.15mg (17.62%), Vitamin B3: 3.37mg (16.85%), Vitamin B6: 0.32mg (16.07%), Vitamin B2: 0.21mg (12.14%), Potassium: 421.83mg (12.05%), Zinc: 1.8mg (12.01%), Copper: 0.24mg (11.99%), Magnesium: 47.38mg (11.85%), Iron: 2.04mg (11.35%), Selenium: 6.9µg (9.86%), Vitamin E: 1.1mg (7.34%), Calcium: 50.67mg (5.07%), Vitamin B5: 0.33mg (3.3%), Vitamin B12: 0.14µg (2.27%)