



WHATSheATE



Spring Peas with Pancetta



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



90 kcal

SIDE DISH

Ingredients

- ☐ 1 garlic clove minced
- ☐ 1 cup lower-sodium chicken broth fat-free
- ☐ 0.8 cup onion finely chopped
- ☐ 1 ounce pancetta chopped
- ☐ 3 cups peas green frozen
- ☐ 0.3 teaspoon salt

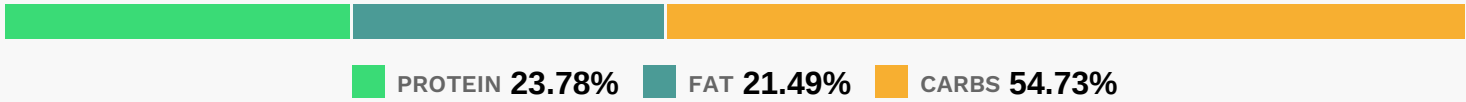
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add pancetta to pan; saut 3 minutes or until crisp.
- ☐ Remove pancetta from pan, reserving drippings in pan; set pancetta aside.
- ☐ Add onion and garlic to drippings in pan; saut 3 minutes or until tender.
- ☐ Stir peas, broth, and salt into onion mixture. Bring to a boil; reduce heat and simmer, uncovered, 6 minutes or until peas are tender, stirring occasionally. Stir in pancetta.

Nutrition Facts



Properties

Glycemic Index:16.89, Glycemic Load:3.26, Inflammation Score:-6, Nutrition Score:8.823913079241%

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: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 89.67kcal (4.48%), Fat: 2.19g (3.37%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 8.05g (2.93%), Sugar: 4.96g (5.52%), Cholesterol: 3.12mg (1.04%), Sodium: 206.02mg (8.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.89%), Vitamin C: 30.64mg (37.13%), Fiber: 4.48g (17.93%), Vitamin K: 18.07µg (17.21%), Manganese: 0.33mg (16.61%), Vitamin B1: 0.22mg (14.41%), Folate: 50.94µg (12.73%), Vitamin A: 556.82IU (11.14%), Phosphorus: 91.67mg (9.17%), Vitamin B3: 1.73mg (8.66%), Potassium: 297.48mg (8.5%), Vitamin B6: 0.17mg (8.26%), Copper: 0.14mg (6.95%), Magnesium: 26.62mg (6.65%), Zinc: 0.99mg (6.63%), Iron: 1.14mg (6.31%), Vitamin B2: 0.11mg (6.2%), Selenium: 2.43µg (3.47%), Calcium: 23.93mg (2.39%), Vitamin B5: 0.13mg (1.29%)