



Spring Peas with Pancetta



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



95 kcal

SIDE DISH

Ingredients

- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 ounce pancetta chopped
- ☐ 3 cups peas green frozen shelled
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 0.8 cup onion white finely chopped

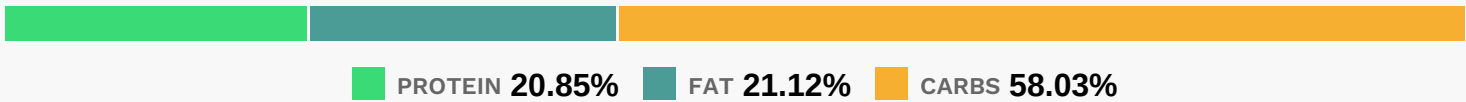
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add pancetta, and saut 5 minutes or until crispy.
- ☐ Remove pancetta from pan, reserving drippings in pan.
- ☐ Add onion and garlic to pan; saut for 2 minutes or until tender.
- ☐ Add peas, broth, sugar, and salt to pan. Simmer 5 minutes or until the peas are tender, stirring occasionally. Stir in pancetta and chopped parsley.

Nutrition Facts



Properties

Glycemic Index:33.9, Glycemic Load:4.21, Inflammation Score:-7, Nutrition Score:11.28565210104%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 94.72kcal (4.74%), Fat: 2.28g (3.5%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 9.51g (3.46%), Sugar: 6.37g (7.08%), Cholesterol: 3.12mg (1.04%), Sodium: 288.84mg (12.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.11%), Vitamin K: 59.07µg (56.26%), Vitamin C: 33.96mg (41.16%), Fiber: 4.57g (18.26%), Manganese: 0.34mg (17.02%), Vitamin A: 767.42IU (15.35%), Vitamin B1: 0.22mg (14.73%), Folate: 55.12µg (13.78%), Vitamin B3: 1.98mg (9.88%), Phosphorus: 97.28mg (9.73%), Vitamin B6: 0.17mg (8.64%), Copper: 0.15mg (7.5%), Iron: 1.35mg (7.47%), Magnesium: 28.25mg (7.06%), Potassium: 242.71mg (6.93%), Zinc: 1.03mg (6.86%), Vitamin B2: 0.12mg (6.83%), Selenium: 3.27µg (4.67%), Calcium: 28.9mg (2.89%), Vitamin B5: 0.18mg (1.85%), Vitamin B12: 0.1µg (1.65%)