



Sugar Snap Peas With Leeks and Pancetta

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



6

CALORIES



119 kcal

SIDE DISH

Ingredients

- 2 cloves garlic thinly sliced
- 6 servings kosher salt
- 1 large leek light white green halved lengthwise sliced (and parts only)
- 1 tablespoon olive oil extra-virgin
- 2 ounces pancetta diced
- 6 servings pepper freshly ground
- 1 pinch pepper flakes red
- 1.5 pounds sugar snap peas

1 tablespoon citrus champagne vinegar

Equipment

bowl

frying pan

pot

Directions

Bring a large pot of salted water to a boil.

Add the peas and cook until bright green and crisp-tender, about 5 minutes.

Drain and run under cold water until the peas cool to room temperature; pat dry.

Heat the olive oil in a large skillet over medium heat.

Add the pancetta and cook, stirring, until golden, about 5 minutes.

Add the leek, garlic and red pepper flakes and cook, stirring, until the leek is soft, about 3 more minutes.

Transfer to a large bowl.

Add the peas and 1/2 teaspoon salt and toss.

Add the vinegar, season with salt and pepper, and toss again.

Serve at room temperature. Tip: Snap peas have tough strings on both sides of the pod. To remove them, pinch off the stem and pull the string; repeat on the other side.

Serves: 6

Calories: 113

Total Fat: 5.5 grams

Saturated Fat: 1 gram

Protein: 5 grams

Total carbohydrates: 11 grams

Sugar: 5 grams

Fiber: 3 grams

Cholesterol: 8 milligrams

Sodium: 290 milligrams

Photograph by Kana Okada

Nutrition Facts

PROTEIN 15.46% **FAT 47.44%** **CARBS 37.1%**

Properties

Glycemic Index:15.67, Glycemic Load:0.69, Inflammation Score:-8, Nutrition Score:13.488695458226%

Flavonoids

Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 118.97kcal (5.95%), Fat: 6.37g (9.79%), Saturated Fat: 1.63g (10.2%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 7.93g (2.88%), Sugar: 5.13g (5.7%), Cholesterol: 6.24mg (2.08%), Sodium: 264.56mg (11.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.33%), Vitamin C: 70.14mg (85.02%), Vitamin K: 36.92µg (35.17%), Vitamin A: 1488.98IU (29.78%), Manganese: 0.38mg (19.02%), Iron: 2.76mg (15.36%), Folate: 57.17µg (14.29%), Vitamin B1: 0.21mg (13.82%), Fiber: 3.27g (13.07%), Vitamin B6: 0.25mg (12.71%), Vitamin B5: 0.93mg (9.31%), Magnesium: 33.05mg (8.26%), Phosphorus: 80.84mg (8.08%), Potassium: 278.91mg (7.97%), Vitamin E: 0.96mg (6.42%), Vitamin B2: 0.1mg (6.13%), Calcium: 60.59mg (6.06%), Copper: 0.12mg (5.81%), Vitamin B3: 1.13mg (5.65%), Selenium: 2.99µg (4.27%), Zinc: 0.45mg (3%)