

# Herbed Peas with Bacon

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## Servings: 6

*6 slices bacon, chopped*  
*1 bag (16 ounce) frozen peas*  
*2 tablespoons unsalted butter*  
*Kosher salt*  
*2 tablespoons fresh tarragon, chopped*  
*2 tablespoons fresh mint, chopped*

## Preparation Time: 10 minutes

Cook the bacon in a skillet over medium heat, stirring occasionally, until crisp, 6 to 8 minutes. Remove using a slotted spoon and drain on paper towels.

Meanwhile, combine the peas and one-half cup of water in the same skillet. Cook over high heat until the water boils, then cover. Reduce the heat to medium-high and cook until tender, 4 to 5 minutes. Drain.

Toss the peas and butter in a bowl until the butter melts. Season with salt and stir in the tarragon, mint and bacon.

Start to Finish Time: 15 minutes

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Per Serving (excluding unknown items): 47 Calories; 3g Fat (61.3% calories from fat); 3g Protein; 2g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 115mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	47	Vitamin B6 (mg):	trace
% Calories from Fat:	61.3%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	16.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	22.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	9mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0

<b>Cholesterol (mg):</b>	5mg
<b>Carbohydrate (g):</b>	2g
<b>Dietary Fiber (g):</b>	1g
<b>Protein (g):</b>	3g
<b>Sodium (mg):</b>	115mg
<b>Potassium (mg):</b>	62mg
<b>Calcium (mg):</b>	9mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	5mg
<b>Vitamin A (i.u.):</b>	170IU
<b>Vitamin A (r.e.):</b>	17RE

% Daily Values      0 0%

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	1/2
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 47      **Calories from Fat:** 29

### % Daily Values\*

<b>Total Fat</b> 3g	5%
Saturated Fat 1g	6%
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 115mg	5%
<b>Total Carbohydrates</b> 2g	1%
Dietary Fiber 1g	3%
<b>Protein</b> 3g	

<b>Vitamin A</b>	3%
<b>Vitamin C</b>	8%
<b>Calcium</b>	1%
<b>Iron</b>	3%

\* Percent Daily Values are based on a 2000 calorie diet.