



1 Pea Salad Most Requested!



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



329 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounces smoke-flavored almonds finely chopped
- ☐ 10 servings ground pepper black to taste
- ☐ 1 cup mayonnaise to taste
- ☐ 1 onion finely chopped
- ☐ 32 ounce peas frozen

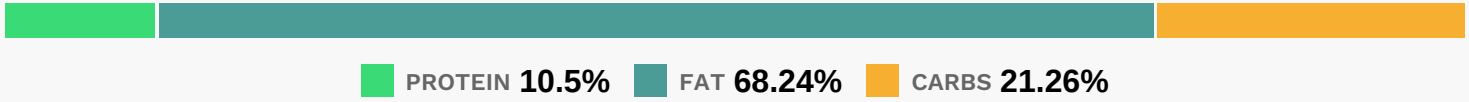
Equipment

- ☐ bowl
- ☐ colander

Directions

- ☐ Place frozen peas in a colander; rinse under cold water until thawed.
- ☐ Drain and transfer to a large bowl.
- ☐ Add almonds and onions; mix well. Fold mayonnaise and black pepper into pea mixture until evenly coated. Cover and refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:16.33, Glycemic Load:3.96, Inflammation Score:-7, Nutrition Score:17.407391517059%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 328.94kcal (16.45%), Fat: 25.62g (39.42%), Saturated Fat: 3.34g (20.86%), Carbohydrates: 17.96g (5.99%), Net Carbohydrates: 10.45g (3.8%), Sugar: 6.48g (7.2%), Cholesterol: 9.41mg (3.14%), Sodium: 147.41mg (6.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.87g (17.74%), Vitamin K: 59.22µg (56.4%), Vitamin C: 37.1mg (44.97%), Manganese: 0.79mg (39.46%), Vitamin E: 5.21mg (34.74%), Fiber: 7.51g (30.04%), Magnesium: 77.36mg (19.34%), Vitamin B1: 0.28mg (18.91%), Vitamin B2: 0.32mg (18.89%), Phosphorus: 187.84mg (18.78%), Folate: 69.68µg (17.42%), Copper: 0.34mg (17.24%), Vitamin A: 709.49IU (14.19%), Vitamin B3: 2.53mg (12.63%), Zinc: 1.71mg (11.39%), Iron: 2.04mg (11.36%), Potassium: 367.9mg (10.51%), Vitamin B6: 0.19mg (9.6%), Calcium: 73.2mg (7.32%), Selenium: 2.91µg (4.15%), Vitamin B5: 0.23mg (2.28%)