



Artichoke, Lima Bean and Pea Salad

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



329 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce artichoke hearts drained quartered canned
- ☐ 29 ounce chicken broth canned
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 16 ounce baby lima beans frozen
- ☐ 10 servings mint leaves fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 16 ounce peas frozen
- ☐ 0.3 cup red wine vinegar

- ☐ 2 tablespoons shallots minced
- ☐ 2 tablespoons whipping cream

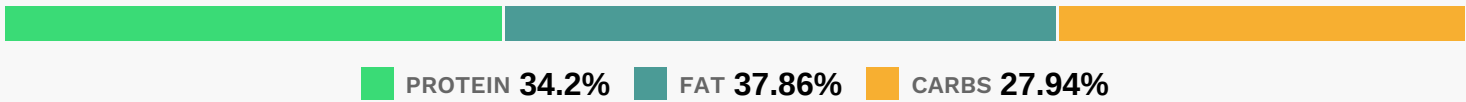
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Whisk vinegar, shallot and cream in small bowl. Gradually whisk in oil. Season vinaigrette with salt and pepper.
- ☐ Bring chicken broth to simmer in large saucepan.
- ☐ Add lima beans. Cover and simmer until tender, about 10 minutes. Using slotted spoon, transfer beans to large bowl.
- ☐ Add artichoke hearts to broth. Cook 2 minutes.
- ☐ Add peas. Cover and cook until peas and artichokes are heated through, about 3 minutes longer.
- ☐ Drain well.
- ☐ Add to beans.
- ☐ Add chopped mint to vegetables.
- ☐ Mix in enough vinaigrette to coat. Season with salt and pepper.
- ☐ Garnish with mint sprigs.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:7.43, Glycemic Load:1.83, Inflammation Score:-7, Nutrition Score:14.218695552453%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg

Nutrients (% of daily need)

Calories: 329.03kcal (16.45%), Fat: 13.55g (20.84%), Saturated Fat: 3.37g (21.06%), Carbohydrates: 22.48g (7.49%), Net Carbohydrates: 15.72g (5.72%), Sugar: 3.43g (3.81%), Cholesterol: 44.5mg (14.83%), Sodium: 717.51mg (31.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.53g (55.06%), Vitamin C: 22.79mg (27.63%), Fiber: 6.76g (27.05%), Manganese: 0.54mg (26.9%), Selenium: 17.01µg (24.3%), Phosphorus: 226.92mg (22.69%), Zinc: 2.94mg (19.63%), Vitamin B3: 3.43mg (17.14%), Iron: 2.93mg (16.28%), Vitamin B6: 0.32mg (15.81%), Vitamin K: 16.5µg (15.72%), Vitamin A: 712.7IU (14.25%), Magnesium: 55.84mg (13.96%), Vitamin B12: 0.83µg (13.78%), Potassium: 465.49mg (13.3%), Folate: 47.05µg (11.76%), Vitamin B1: 0.18mg (11.73%), Vitamin B2: 0.19mg (11.05%), Copper: 0.19mg (9.43%), Vitamin E: 1.13mg (7.52%), Calcium: 47.02mg (4.7%), Vitamin B5: 0.15mg (1.53%)