



Bacon Pea Salad

 **Gluten Free**

READY IN



50 min.

SERVINGS



8

CALORIES



293 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 slices bacon
- ☐ 2 stalks celery chopped
- ☐ 0.5 cup cheddar cheese cubed
- ☐ 20 ounce peas fresh green
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 tablespoon honey
- ☐ 0.8 cup mayonnaise
- ☐ 0.3 cup onion chopped

☐ 1 tablespoon sugar white

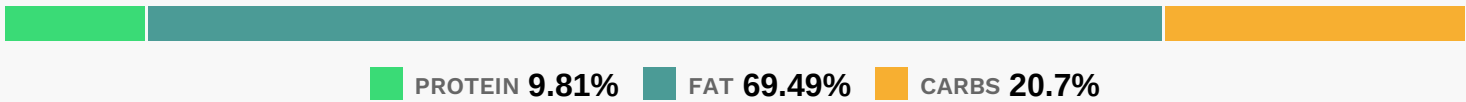
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain bacon slices on paper towels and crumble. Reserve 1 tablespoon bacon grease.
- ☐ Whisk mayonnaise, reserved bacon grease, honey, sugar, salt, and black pepper together in a bowl until dressing is smooth.
- ☐ Mix bacon, peas, celery, Cheddar cheese, and onion together in a bowl.
- ☐ Drizzle dressing over salad and toss to coat. Refrigerate until chilled, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:41.84, Glycemic Load:5.21, Inflammation Score:-6, Nutrition Score:11.703478258589%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 292.97kcal (14.65%), Fat: 22.79g (35.06%), Saturated Fat: 5.33g (33.34%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 10.94g (3.98%), Sugar: 8.23g (9.15%), Cholesterol: 23.14mg (7.71%), Sodium: 264.31mg (11.49%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.47%), Vitamin K: 55.1µg (52.47%), Vitamin C: 29.17mg (35.35%), Fiber: 4.34g (17.37%), Manganese: 0.33mg (16.39%), Vitamin B1: 0.23mg (15.22%), Vitamin A: 676.25IU (13.53%), Folate: 53.54µg (13.38%), Phosphorus: 133.74mg (13.37%), Vitamin B3: 1.97mg (9.86%), Zinc: 1.33mg (8.87%), Selenium: 6.08µg (8.68%), Vitamin B2: 0.15mg (8.62%), Vitamin B6: 0.17mg (8.6%), Calcium: 76.03mg (7.6%), Copper: 0.14mg (7.21%), Magnesium: 28.82mg (7.2%), Potassium: 242.81mg (6.94%), Iron: 1.2mg (6.65%), Vitamin E: 0.91mg (6.07%), Vitamin B12: 0.16µg (2.58%), Vitamin B5: 0.24mg (2.36%)