



WHATSheATE



Carmel's Crunchy Pea Salad



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



334 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 slices bacon
- ☐ 1 cup cashew pieces chopped
- ☐ 0.5 cup celery chopped
- ☐ 0.5 cup green onions chopped
- ☐ 10 ounce peas green frozen thawed drained
- ☐ 6 servings salt and pepper to taste
- ☐ 0.7 cup cup heavy whipping cream sour

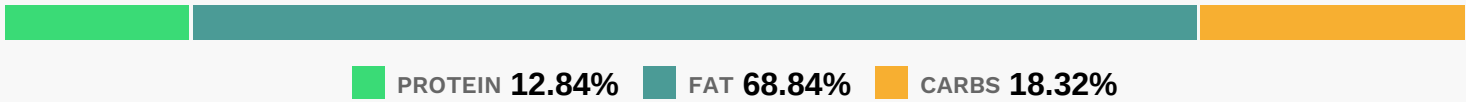
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and set aside.
- ☐ In a medium bowl, combine peas, celery, scallions and sour cream. Toss gently to mix.
- ☐ Just before serving, stir in cashews and bacon into salad. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:22.26, Glycemic Load:3.44, Inflammation Score:-7, Nutrition Score:14.690000067586%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 333.93kcal (16.7%), Fat: 26.25g (40.38%), Saturated Fat: 8.19g (51.21%), Carbohydrates: 15.72g (5.24%), Net Carbohydrates: 11.96g (4.35%), Sugar: 5.13g (5.7%), Cholesterol: 34.44mg (11.48%), Sodium: 408.91mg (17.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.01g (22.03%), Vitamin K: 39.15µg (37.28%), Copper: 0.58mg (29.1%), Manganese: 0.58mg (28.9%), Vitamin C: 21.06mg (25.53%), Phosphorus: 245.29mg (24.53%), Magnesium: 87.05mg (21.76%), Vitamin B1: 0.31mg (20.6%), Selenium: 12.05µg (17.22%), Zinc: 2.3mg (15.35%), Fiber: 3.75g (15.02%), Vitamin B6: 0.27mg (13.47%), Iron: 2.41mg (13.39%), Vitamin A: 652.4IU (13.05%), Vitamin B3: 2.49mg (12.45%), Folate: 45.98µg (11.5%), Potassium: 392.14mg (11.2%), Vitamin B2: 0.15mg (9%), Calcium: 56.53mg (5.65%), Vitamin B5: 0.51mg (5.11%), Vitamin E: 0.55mg (3.64%), Vitamin B12: 0.2µg (3.34%)