



Cold Pea Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



131 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon juice of lime
- 2 cups peas sweet frozen thawed
- 0.8 cup pecans
- 0.3 cup pineapple crushed drained

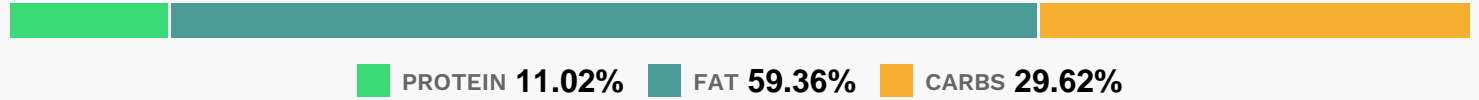
Equipment

- bowl

Directions

Mix peas, pecans, pineapple, and lime juice together in a bowl. Refrigerate 30 to 60 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:9.06, Glycemic Load:1.92, Inflammation Score:-5, Nutrition Score:8.4104348161946%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 130.63kcal (6.53%), Fat: 9.1g (14.02%), Saturated Fat: 0.8g (5%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 6.16g (2.24%), Sugar: 4.64g (5.16%), Cholesterol: 0mg (0%), Sodium: 2.52mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.61%), Manganese: 0.76mg (37.75%), Vitamin C: 20.46mg (24.8%), Fiber: 4.07g (16.29%), Vitamin B1: 0.22mg (14.69%), Copper: 0.24mg (12.21%), Vitamin K: 12.49µg (11.9%), Phosphorus: 87.2mg (8.72%), Folate: 34.65µg (8.66%), Magnesium: 32.42mg (8.1%), Zinc: 1.17mg (7.8%), Vitamin A: 381.71IU (7.63%), Vitamin B3: 1.18mg (5.92%), Iron: 1.05mg (5.84%), Vitamin B6: 0.12mg (5.76%), Potassium: 181.14mg (5.18%), Vitamin B2: 0.08mg (4.82%), Calcium: 22.35mg (2.24%), Selenium: 1.38µg (1.97%), Vitamin E: 0.24mg (1.59%), Vitamin B5: 0.16mg (1.57%)