



Creamy Green Pea Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



83 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup celery finely chopped (3 ribs)
- ☐ 0.8 teaspoon rosemary or dried fresh chopped
- ☐ 2 tablespoons mayonnaise light
- ☐ 0.3 cup onion finely chopped
- ☐ 2 cups peas green frozen thawed
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt

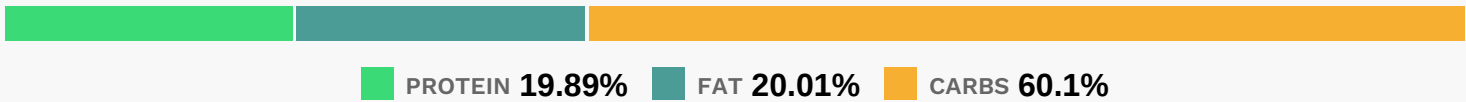
Equipment

bowl

Directions

- Combine all ingredients in a medium bowl, and toss gently to coat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:3.13, Inflammation Score:-6, Nutrition Score:9.4856521254%

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: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 83.26kcal (4.16%), Fat: 1.9g (2.93%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 12.85g (4.28%), Net Carbohydrates: 8.11g (2.95%), Sugar: 5.12g (5.69%), Cholesterol: 1.12mg (0.37%), Sodium: 227.49mg (9.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.51%), Vitamin C: 30.53mg (37%), Vitamin K: 29.38µg (27.98%), Fiber: 4.74g (18.96%), Manganese: 0.35mg (17.66%), Folate: 58.44µg (14.61%), Vitamin B1: 0.2mg (13.56%), Vitamin A: 674.33IU (13.49%), Phosphorus: 88.52mg (8.85%), Vitamin B3: 1.61mg (8.05%), Vitamin B6: 0.15mg (7.69%), Potassium: 261.14mg (7.46%), Copper: 0.14mg (7.17%), Magnesium: 28.08mg (7.02%), Vitamin B2: 0.11mg (6.65%), Iron: 1.16mg (6.45%), Zinc: 0.96mg (6.37%), Calcium: 31.65mg (3.16%), Selenium: 1.64µg (2.35%), Vitamin E: 0.32mg (2.13%), Vitamin B5: 0.16mg (1.56%)