



Creamy Pea Salad

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup cheddar cheese diced
- 4 bacon crumbled cooked
- 1 cup miracle whip
- 0.5 cup mozzarella cheese diced
- 1 medium onion chopped
- 32 ounces peas frozen
- 8 servings salt and pepper to taste

Equipment

bowl

Directions

In a bowl, combine the peas, cheese, onion, Miracle Whip, salt and pepper; mix well.
Refrigerate until serving.

Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:4.75, Inflammation Score:-8, Nutrition Score:14.942608695652%

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 Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 192.66kcal (9.63%), Fat: 6.7g (10.3%), Saturated Fat: 3.03g (18.96%), Carbohydrates: 22.95g (7.65%), Net Carbohydrates: 15.64g (5.69%), Sugar: 10.39g (11.55%), Cholesterol: 19.42mg (6.47%), Sodium: 608.46mg (26.45%), Protein: 10.91g (21.83%), Vitamin C: 46.38mg (56.21%), Fiber: 7.3g (29.21%), Vitamin K: 28.51µg (27.15%), Manganese: 0.49mg (24.34%), Vitamin B1: 0.33mg (22.3%), Vitamin A: 1009.33IU (20.19%), Phosphorus: 200.7mg (20.07%), Folate: 78.29µg (19.57%), Vitamin B3: 2.82mg (14.08%), Zinc: 2.02mg (13.44%), Vitamin B2: 0.21mg (12.57%), Calcium: 119.27mg (11.93%), Vitamin B6: 0.24mg (11.85%), Magnesium: 43.35mg (10.84%), Copper: 0.21mg (10.62%), Selenium: 7.33µg (10.47%), Iron: 1.82mg (10.09%), Potassium: 343.14mg (9.8%), Vitamin B12: 0.28µg (4.63%), Vitamin B5: 0.22mg (2.19%), Vitamin E: 0.23mg (1.55%)