



Crunchy Pea Salad with Bacon

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



672 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups celery chopped
- 0.5 pound bacon crumbled cooked sliced
- 2 medium pasilla peppers green chopped
- 1 cup mayonnaise
- 10 ounce peas frozen thawed
- 1 medium onion red chopped
- 8 cups torn salad greens
- 1 cup cheddar cheese shredded

1 cup cup heavy whipping cream sour

3 tablespoons sugar

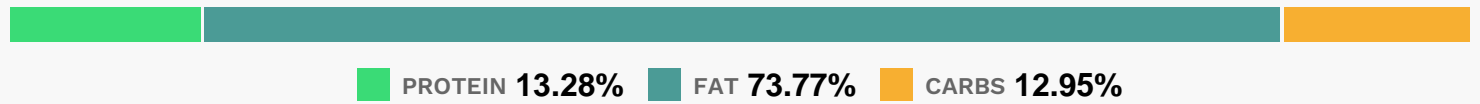
Equipment

bowl

Directions

Mix together Italian-style dressing and mayonnaise in a bowl. Fold in peas, celery, peanuts, and onion until well mixed. Refrigerate until serving. Crumble bacon on top just before serving.

Nutrition Facts



Properties

Glycemic Index:43.4, Glycemic Load:6.85, Inflammation Score:-9, Nutrition Score:24.054782649745%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 2.14mg, Luteolin: 2.14mg, Luteolin: 2.14mg, Luteolin: 2.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 672.21kcal (33.61%), Fat: 55.41g (85.24%), Saturated Fat: 16.47g (102.95%), Carbohydrates: 21.89g (7.3%), Net Carbohydrates: 17.81g (6.48%), Sugar: 12.32g (13.69%), Cholesterol: 94.55mg (31.52%), Sodium: 1045.56mg (45.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.44g (44.88%), Vitamin K: 84.01µg (80%), Vitamin C: 65.65mg (79.58%), Selenium: 28.06µg (40.09%), Phosphorus: 361.03mg (36.1%), Vitamin A: 1693.61IU (33.87%), Vitamin B3: 5.59mg (27.94%), Vitamin B1: 0.41mg (27.1%), Vitamin B6: 0.49mg (24.3%), Calcium: 216.1mg (21.61%), Vitamin B2: 0.36mg (21.35%), Manganese: 0.39mg (19.37%), Zinc: 2.84mg (18.96%), Folate: 75.11µg (18.78%), Potassium: 627.48mg (17.93%), Fiber: 4.08g (16.33%), Vitamin E: 1.95mg (13%), Magnesium: 51.05mg (12.76%), Vitamin B12: 0.74µg (12.28%), Copper: 0.21mg (10.62%), Iron: 1.75mg (9.73%), Vitamin B5: 0.93mg (9.3%), Vitamin D: 0.34µg (2.26%)