



Crunchy Pea Salad with Bacon

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



434 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup celery chopped
- 5 slices bacon crumbled cooked
- 1 cup 1 cup zesty italian-style salad dressing italian-style
- 0.5 cup mayonnaise
- 1 cup peanuts chopped
- 10 ounce peas frozen
- 0.3 cup onion red chopped

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

 **PROTEIN 10.52%**  **FAT 74.46%**  **CARBS 15.02%**

Properties

Glycemic Index:27.93, Glycemic Load:2.31, Inflammation Score:-7, Nutrition Score:16.477391131546%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 434.13kcal (21.71%), Fat: 36.86g (56.71%), Saturated Fat: 6.04g (37.76%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 11.35g (4.13%), Sugar: 7.52g (8.36%), Cholesterol: 14.44mg (4.81%), Sodium: 640.91mg (27.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.71g (23.43%), Vitamin K: 69.04µg (65.75%), Manganese: 0.88mg (43.85%), Vitamin B3: 5.68mg (28.38%), Folate: 97.37µg (24.34%), Vitamin C: 20.07mg (24.33%), Vitamin B1: 0.34mg (22.9%), Fiber: 5.39g (21.55%), Phosphorus: 187.08mg (18.71%), Magnesium: 68.07mg (17.02%), Copper: 0.33mg (16.43%), Vitamin B6: 0.25mg (12.36%), Potassium: 419.73mg (11.99%), Vitamin E: 1.61mg (10.71%), Iron: 1.9mg (10.54%), Selenium: 7.3µg (10.42%), Vitamin A: 465.87IU (9.32%), Zinc: 1.39mg (9.3%), Vitamin B2: 0.13mg (7.39%), Vitamin B5: 0.64mg (6.36%), Calcium: 53.19mg (5.32%), Vitamin B12: 0.1µg (1.58%)