



Field Pea Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

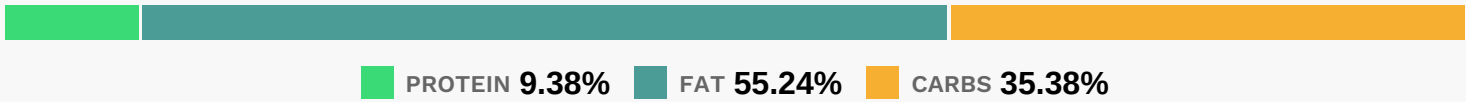
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 cup corn kernels fresh
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup olive oil
- ☐ 2 cups field peas frozen cooked drained
- ☐ 0.5 large purple onion finely chopped
- ☐ 0.5 bell pepper red finely chopped
- ☐ 0.3 teaspoon salt

Equipment

Directions

 Stir together all ingredients; chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:3.27, Inflammation Score:-8, Nutrition Score:13.293043302453%

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 Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg 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: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 222.43kcal (11.12%), Fat: 14.35g (22.08%), Saturated Fat: 2.05g (12.8%), Carbohydrates: 20.68g (6.89%), Net Carbohydrates: 15.21g (5.53%), Sugar: 7.85g (8.72%), Cholesterol: 0mg (0%), Sodium: 156.21mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.96%), Vitamin C: 56.11mg (68.02%), Vitamin K: 27.71µg (26.39%), Vitamin A: 1109.48IU (22.19%), Fiber: 5.47g (21.88%), Manganese: 0.39mg (19.73%), Folate: 73.44µg (18.36%), Vitamin B1: 0.27mg (17.82%), Vitamin E: 2.34mg (15.6%), Phosphorus: 120.63mg (12.06%), Vitamin B3: 2.34mg (11.71%), Vitamin B6: 0.22mg (11.1%), Magnesium: 41.76mg (10.44%), Potassium: 345.14mg (9.86%), Iron: 1.44mg (8.01%), Copper: 0.16mg (7.99%), Vitamin B2: 0.13mg (7.92%), Zinc: 1.14mg (7.6%), Vitamin B5: 0.42mg (4.19%), Calcium: 25.53mg (2.55%), Selenium: 1.62µg (2.32%)