



Fresh Pea Salad



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pinch cayenne
- ☐ 0.3 cup cheddar cheese cubed ()
- ☐ 2 strips bacon crumbled cooked (and)
- ☐ 3 tablespoons mayonnaise
- ☐ 2 tablespoons mint leaves chopped ()
- ☐ 2 cup peas
- ☐ 2 tablespoons onion red chopped ()
- ☐ 1 tablespoon cup heavy whipping cream sour

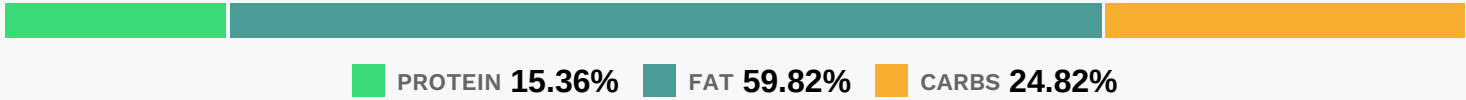
Equipment

Directions

☐

 Mix everything and chill in the fridge.

Nutrition Facts



Properties

Glycemic Index:45.08, Glycemic Load:2.98, Inflammation Score:-7, Nutrition Score:10.892173751541%

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: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 187.43kcal (9.37%), Fat: 12.56g (19.33%), Saturated Fat: 3.43g (21.43%), Carbohydrates: 11.73g (3.91%), Net Carbohydrates: 7.31g (2.66%), Sugar: 4.51g (5.01%), Cholesterol: 17.2mg (5.73%), Sodium: 185.6mg (8.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.51%), Vitamin C: 30.21mg (36.62%), Vitamin K: 35.35µg (33.67%), Fiber: 4.42g (17.7%), Manganese: 0.34mg (16.81%), Vitamin A: 769.09IU (15.38%), Vitamin B1: 0.22mg (14.89%), Phosphorus: 134mg (13.4%), Folate: 53.14µg (13.28%), Vitamin B3: 1.99mg (9.96%), Zinc: 1.34mg (8.95%), Vitamin B2: 0.15mg (8.91%), Selenium: 5.71µg (8.16%), Vitamin B6: 0.16mg (8.04%), Calcium: 79.63mg (7.96%), Magnesium: 30.01mg (7.5%), Copper: 0.15mg (7.35%), Iron: 1.28mg (7.1%), Potassium: 230.18mg (6.58%), Vitamin E: 0.53mg (3.52%), Vitamin B12: 0.14µg (2.29%), Vitamin B5: 0.19mg (1.92%)