



Fresh Pea Salad with Radishes, Tomatoes, and Mint



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups pink-eyed peas fresh
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups cherry tomatoes halved
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 cup radishes thinly sliced (8)

- ☐ 1 tablespoon rice wine vinegar
- ☐ 0.3 teaspoon salt

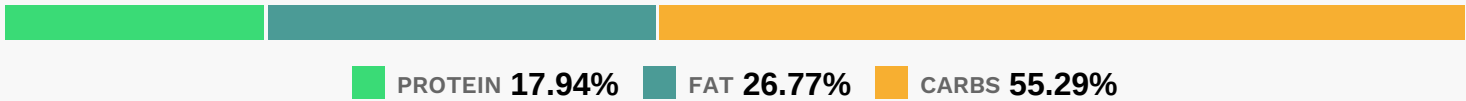
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Sort and wash peas; place in a small saucepan. Cover with water to 2 inches above peas; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until tender.
- ☐ Drain.
- ☐ Combine juice, vinegar, and oil in a small bowl; stir well with a whisk.
- ☐ Combine peas, tomatoes, and remaining ingredients in a medium bowl.
- ☐ Drizzle juice mixture over salad, tossing to coat. Cover and chill.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:2.64, Inflammation Score:-5, Nutrition Score:7.2056521229122%

Flavonoids

Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 86.19kcal (4.31%), Fat: 2.67g (4.11%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 8.78g (3.19%), Sugar: 3.21g (3.56%), Cholesterol: 0mg (0%), Sodium: 112.39mg (4.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Folate: 104.38µg (26.1%), Vitamin C: 17.86mg (21.64%), Manganese: 0.31mg (15.25%), Fiber: 3.65g (14.58%), Iron: 1.61mg (8.93%), Phosphorus: 87.06mg (8.71%), Copper: 0.17mg (8.54%), Potassium: 292.46mg (8.36%), Magnesium: 31.32mg (7.83%), Vitamin B1: 0.11mg (7.37%), Vitamin A: 331.23IU (6.62%), Vitamin B6: 0.1mg (5.1%), Vitamin E: 0.75mg (4.98%), Zinc: 0.7mg (4.7%), Vitamin K: 3.91µg (3.73%), Vitamin B5: 0.29mg (2.9%), Vitamin B2: 0.05mg (2.85%), Vitamin B3: 0.57mg (2.83%), Calcium: 26.24mg (2.62%), Selenium: 1.46µg (2.09%)