



Garden Pea Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



169 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 eggs boiled crumbled
- 2 tablespoons mayonnaise
- 0.3 cup onions chopped
- 15 ounce very young early peas canned (recommended: Lesueur)
- 4 servings pimento chopped
- 4 servings salt and pepper freshly ground

Equipment

- bowl

colander

Directions

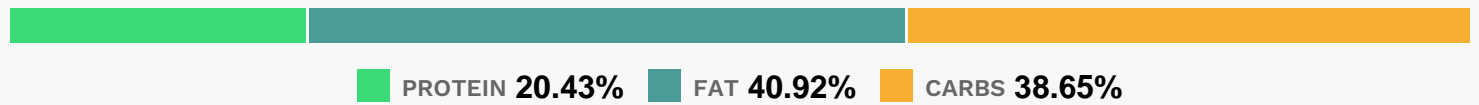
In a colander, drain peas very well.

Place drained peas in a medium bowl.

Add the onions, crumbled eggs, and mayonnaise, tossing to combine and coat peas. Season to taste with salt and pepper.

Add pimento, if using. This recipe is easily doubled or tripled.

Nutrition Facts



Properties

Glycemic Index:41.58, Glycemic Load:4.34, Inflammation Score:-7, Nutrition Score:14.519999929096%

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 Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 169.45kcal (8.47%), Fat: 7.77g (11.95%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 10.25g (3.73%), Sugar: 6.61g (7.34%), Cholesterol: 84.78mg (28.26%), Sodium: 275.37mg (11.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.45%), Vitamin C: 44.3mg (53.7%), Vitamin K: 37.98µg (36.17%), Fiber: 6.25g (25.01%), Manganese: 0.46mg (22.84%), Folate: 81.76µg (20.44%), Vitamin B1: 0.3mg (19.81%), Vitamin A: 963.38IU (19.27%), Phosphorus: 162.96mg (16.3%), Vitamin B2: 0.25mg (14.45%), Selenium: 8.88µg (12.69%), Vitamin B6: 0.23mg (11.61%), Vitamin B3: 2.26mg (11.29%), Iron: 2.01mg (11.14%), Zinc: 1.63mg (10.88%), Copper: 0.21mg (10.45%), Magnesium: 38.87mg (9.72%), Potassium: 307.73mg (8.79%), Vitamin B5: 0.47mg (4.72%), Calcium: 41.95mg (4.19%), Vitamin E: 0.61mg (4.06%), Vitamin B12: 0.2µg (3.4%), Vitamin D: 0.45µg (3.03%)