



Green Pea Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



54 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons combined herb leaves fresh chopped (such as parsley, chervil, mint, and tarragon)
- ☐ 0.3 cup champagne vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 cups blanched peas green
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon sea salt
- ☐ 2 tablespoons water

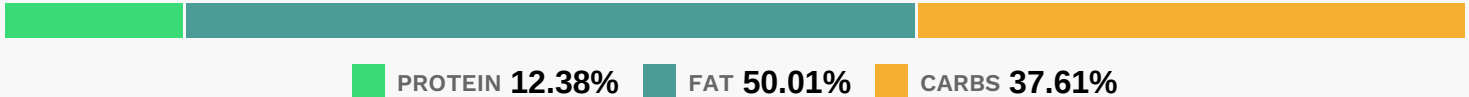
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk first 3 ingredients together in a medium bowl.
- ☐ Add olive oil in a slow, steady stream until all is incorporated. Stir in peas and fresh herb leaves, combining well. Season with sea salt and pepper. Use immediately, or store refrigerated in an airtight container until ready to use.
- ☐ *You can substitute good-quality white wine vinegar for Champagne vinegar.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:1.12, Inflammation Score:-3, Nutrition Score:4.0878260835357%

Nutrients (% of daily need)

Calories: 53.5kcal (2.68%), Fat: 3.03g (4.67%), Saturated Fat: 0.44g (2.72%), Carbohydrates: 5.13g (1.71%), Net Carbohydrates: 3.14g (1.14%), Sugar: 1.65g (1.84%), Cholesterol: 0mg (0%), Sodium: 66.05mg (2.87%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Vitamin C: 12.19mg (14.78%), Manganese: 0.23mg (11.25%), Vitamin K: 8.93µg (8.5%), Fiber: 2g (7.99%), Vitamin A: 296.56IU (5.93%), Iron: 1mg (5.53%), Folate: 21.05µg (5.26%), Vitamin B1: 0.08mg (5.21%), Vitamin B6: 0.07mg (3.52%), Phosphorus: 33.73mg (3.37%), Vitamin B3: 0.63mg (3.17%), Vitamin E: 0.44mg (2.95%), Magnesium: 11.56mg (2.89%), Copper: 0.06mg (2.89%), Zinc: 0.41mg (2.73%), Vitamin B2: 0.04mg (2.57%), Potassium: 80.56mg (2.3%), Calcium: 18.2mg (1.82%), Selenium: 0.73µg (1.04%)