



Ham-and-Field Pea Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



185 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 rib celery diced
- ☐ 0.3 cup cider vinegar
- ☐ 2 garlic cloves minced
- ☐ 1 bell pepper diced green
- ☐ 1 cup ham chopped
- ☐ 1 teaspoon hot sauce
- ☐ 3 cups field peas fresh assorted
- ☐ 0.8 teaspoon pepper

- ☐ 0.5 small onion diced red
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.3 cup vegetable oil
- ☐ 1 teaspoon vegetable oil

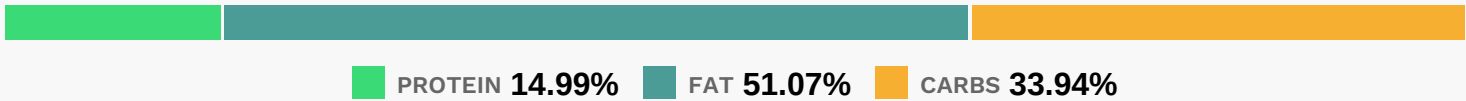
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Prepare peas according to package directions; drain and let cool 1 hour.
- ☐ Whisk together sugar and next 5 ingredients in a large bowl.
- ☐ Add 1/4 cup oil in a slow, steady stream, whisking constantly until smooth.
- ☐ Add cooked field peas, bell pepper, onion, and celery, tossing to coat; cover and chill 8 hours.
- ☐ Saut ham in 1 tsp. hot oil in a small skillet over medium-high heat 4 to 5 minutes or until lightly browned. Stir into pea mixture just before serving.

Nutrition Facts



Properties

Glycemic Index:35.68, Glycemic Load:6.77, Inflammation Score:-6, Nutrition Score:9.7965217802836%

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 Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 184.78kcal (9.24%), Fat: 10.59g (16.29%), Saturated Fat: 2.22g (13.91%), Carbohydrates: 15.84g (5.28%), Net Carbohydrates: 12.3g (4.47%), Sugar: 10.02g (11.13%), Cholesterol: 10.85mg (3.62%), Sodium: 443.09mg (19.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7g (13.99%), Vitamin C: 34.83mg (42.22%), Vitamin K: 28.54µg (27.18%), Vitamin B1: 0.26mg (17.56%), Manganese: 0.31mg (15.43%), Fiber: 3.54g (14.14%), Vitamin B6: 0.21mg (10.53%), Phosphorus: 103.27mg (10.33%), Vitamin B3: 2.01mg (10.03%), Folate: 38.79µg (9.7%), Vitamin A: 473.61IU (9.47%), Zinc: 1.13mg (7.51%), Selenium: 5.15µg (7.35%), Vitamin B2: 0.12mg (7.02%), Potassium: 230.96mg (6.6%), Copper: 0.13mg (6.44%), Magnesium: 24.37mg (6.09%), Iron: 1.07mg (5.95%), Vitamin E: 0.8mg (5.31%), Calcium: 20.89mg (2.09%), Vitamin B12: 0.11µg (1.87%), Vitamin B5: 0.17mg (1.68%)