



Heirloom Tomato Salad With Fresh Lady Peas



Vegetarian



Gluten Free

READY IN



18 min.

SERVINGS



6

CALORIES



99 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 basil leaves fresh thinly sliced
- ☐ 4 oz goat cheese crumbled soft
- ☐ 2 pounds heirloom tomatoes assorted cut into 1/4-inch-thick slices
- ☐ 6 servings lemon-herb dressing with basil, divided
- ☐ 1 cup lady peas fresh
- ☐ 6 servings salt and pepper freshly ground to taste

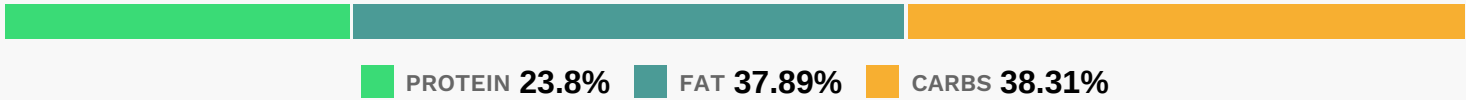
Equipment

- ☐ sauce pan

Directions

- ☐ Cook peas in boiling salted water to cover in a large saucepan 8 to 10 minutes or just until tender.
- ☐ Drain and rinse until completely cool.
- ☐ Drizzle 1/4 cup Lemon-Herb Dressing With Basil over peas, and toss to coat.
- ☐ Arrange tomato slices on a platter or individual serving plates. Spoon peas over tomatoes; sprinkle with basil, goat cheese, and salt and pepper to taste.
- ☐ Serve with remaining dressing.

Nutrition Facts



Properties

Glycemic Index:29.64, Glycemic Load:2.6, Inflammation Score:-8, Nutrition Score:10.399999888047%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 98.78kcal (4.94%), Fat: 4.41g (6.78%), Saturated Fat: 2.82g (17.61%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 6.63g (2.41%), Sugar: 5.69g (6.32%), Cholesterol: 8.69mg (2.9%), Sodium: 272.26mg (11.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.45%), Vitamin C: 34.14mg (41.38%), Vitamin A: 1655.19IU (33.1%), Vitamin K: 19.38µg (18.46%), Manganese: 0.3mg (14.8%), Copper: 0.27mg (13.69%), Fiber: 3.39g (13.57%), Potassium: 432.71mg (12.36%), Phosphorus: 112.04mg (11.2%), Vitamin B6: 0.22mg (10.75%), Folate: 41.61µg (10.4%), Vitamin B1: 0.14mg (9.09%), Vitamin B2: 0.13mg (7.89%), Vitamin B3: 1.49mg (7.47%), Magnesium: 28.37mg (7.09%), Iron: 1.17mg (6.53%), Vitamin E: 0.89mg (5.96%), Calcium: 50.03mg (5%), Zinc: 0.74mg (4.92%), Vitamin B5: 0.3mg (3.02%), Selenium: 0.99µg (1.42%)