



WHATSheATE



Heirloom Tomato Salad With Fresh Lady Peas



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings pepper black freshly ground to taste
- ☐ 0.3 cup cider vinegar
- ☐ 4 basil leaves fresh thinly sliced
- ☐ 0.5 cup goat cheese crumbled soft
- ☐ 2 pounds heirloom tomatoes assorted sliced into 1/4-inch rounds
- ☐ 1 jalapeno minced cored seeded
- ☐ 3 juice of lemon
- ☐ 0.3 cup olive oil

- ☐ 1 cup lady peas fresh
- ☐ 6 servings sea salt to taste
- ☐ 1 shallots minced
- ☐ 1 teaspoon sugar

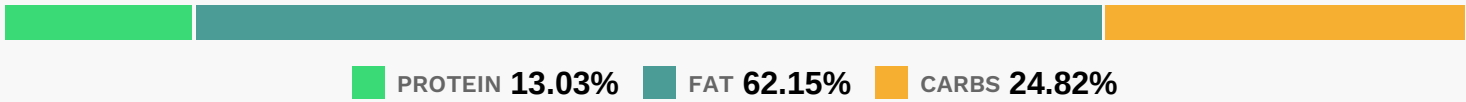
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Cook peas in a large pot of boiling salted water 8 to 10 minutes or until just tender.
- ☐ Drain, rinse until cooled completely, and drain again.
- ☐ Combine vinegar and next 3 ingredients in a small bowl.
- ☐ Add olive oil in a thin, steady stream, whisking constantly.
- ☐ Add sea salt and pepper; stir in jalapeo.
- ☐ Drizzle half of vinaigrette over peas, and toss to coat.
- ☐ Arrange tomato slices on a platter or individual plates. Spoon peas over tomato, and serve with remaining vinaigrette.
- ☐ Sprinkle with basil, goat cheese, and additional salt and pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:59.4, Glycemic Load:3.19, Inflammation Score:-8, Nutrition Score:11.769999955011%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg,

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 188.24kcal (9.41%), Fat: 13.44g (20.68%), Saturated Fat: 4.07g (25.43%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 8.61g (3.13%), Sugar: 7.02g (7.8%), Cholesterol: 8.7mg (2.9%), Sodium: 273.61mg (11.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.68%), Vitamin C: 39.33mg (47.68%), Vitamin A: 1680.59IU (33.61%), Vitamin K: 25.43µg (24.22%), Manganese: 0.35mg (17.39%), Vitamin E: 2.29mg (15.26%), Copper: 0.28mg (14.03%), Fiber: 3.47g (13.86%), Potassium: 466.9mg (13.34%), Vitamin B6: 0.24mg (12.04%), Phosphorus: 116.22mg (11.62%), Folate: 45.9µg (11.48%), Vitamin B1: 0.14mg (9.38%), Vitamin B2: 0.14mg (8.1%), Vitamin B3: 1.54mg (7.7%), Magnesium: 30.6mg (7.65%), Iron: 1.28mg (7.12%), Calcium: 52.2mg (5.22%), Zinc: 0.77mg (5.11%), Vitamin B5: 0.33mg (3.29%), Selenium: 1.06µg (1.51%)