



Layered Baby Pea Salad

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



333 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 ounce baby peas frozen thawed
- 6.5 ounce boston lettuce
- 3 stalks celery chopped
- 1 small bell pepper green chopped
- 1 cup mayonnaise
- 1 small onion red chopped
- 1 teaspoon lawry's seasoned salt
- 2 cups mozzarella cheese shredded

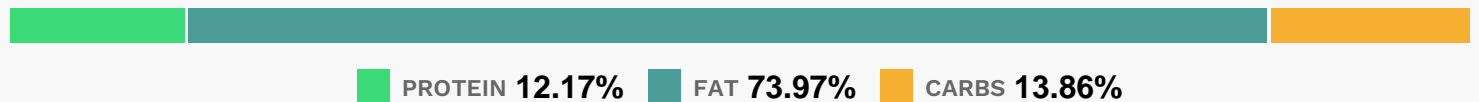
Equipment

- bowl
- whisk
- casserole dish

Directions

- Layer the butter lettuce in the bottom of a 9x11-inch deep casserole dish. Follow with separate layers of green bell pepper, red onion, celery, and baby peas.
- Whisk mayonnaise with seasoned salt in a bowl and spread in a layer over the peas; sprinkle the mozzarella cheese over the salad and serve immediately or chill.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:2.81, Inflammation Score:-8, Nutrition Score:15.341304452523%

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 Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 332.77kcal (16.64%), Fat: 27.53g (42.36%), Saturated Fat: 7.02g (43.89%), Carbohydrates: 11.61g (3.87%), Net Carbohydrates: 7.49g (2.73%), Sugar: 4.89g (5.43%), Cholesterol: 33.88mg (11.29%), Sodium: 660.86mg (28.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.19g (20.39%), Vitamin K: 89.04µg (84.8%), Vitamin C: 32.45mg (39.34%), Vitamin A: 1505.96IU (30.12%), Phosphorus: 183.27mg (18.33%), Calcium: 176.14mg (17.61%), Folate: 65.97µg (16.49%), Manganese: 0.33mg (16.46%), Fiber: 4.12g (16.46%), Vitamin B1: 0.19mg (12.66%), Vitamin B12: 0.67µg (11.2%), Zinc: 1.66mg (11.1%), Vitamin B2: 0.19mg (11.09%), Selenium: 6.69µg (9.56%), Vitamin B6: 0.18mg (8.78%), Potassium: 295.37mg (8.44%), Magnesium: 31.54mg (7.89%), Vitamin E: 1.16mg (7.76%), Iron: 1.39mg (7.74%), Vitamin B3: 1.4mg (7.02%), Copper: 0.13mg (6.44%), Vitamin B5: 0.24mg (2.44%), Vitamin D: 0.17µg (1.12%)