



Layered Salad with Buttermilk Ranch Dressing



Vegetarian



Gluten Free



Very Healthy

READY IN



35 min.

SERVINGS



8

CALORIES



337 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



6 cups peas mixed



0.5 cup buttermilk



1 large cucumber seeded cut into 1/2-inch dice



0.3 teaspoon ground mustard dry



1 tablespoon chives fresh finely chopped



1 pound peas fresh



0.3 teaspoon garlic powder



0.3 cup mayonnaise

- ☐ 2 bell pepper red seeded cut into 1/2-inch dice
- ☐ 1 cup sunflower seeds salted
- ☐ 8 servings salt and pepper
- ☐ 10 spring onion thinly sliced
- ☐ 2 tablespoons cream sour
- ☐ 2 large tomatoes seeded cut into 1/2-inch dice
- ☐ 1 teaspoon citrus champagne vinegar
- ☐ 2 to 3 sized squashes yellow cut into 1/2-inch dice
- ☐ 2 zucchini cut into 1/2-inch dice

Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ In a medium bowl, whisk together buttermilk, mayonnaise, sour cream, vinegar, mustard, garlic powder and chives until well combined. Season with salt and pepper. Cover and refrigerate until ready to use.
- ☐ Bring a large pot of salted water to boil over high heat.
- ☐ Add peas and boil until tender, about 2 minutes.
- ☐ Drain, run peas under cold water and drain again. In a medium bowl, toss together squash and zucchini.
- ☐ In a large bowl, layer peas, 3 cups greens, red bell peppers, scallions, squash-zucchini mixture, 3 cups greens, cucumber and tomatoes.
- ☐ Pour dressing over top and set aside until layers are soaked through, about 5 minutes. Before serving, top with sunflower seeds.

Nutrition Facts



Properties

Glycemic Index:50.46, Glycemic Load:8.67, Inflammation Score:-10, Nutrition Score:37.185652328574%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 336.63kcal (16.83%), Fat: 16.13g (24.82%), Saturated Fat: 2.38g (14.84%), Carbohydrates: 36.78g (12.26%), Net Carbohydrates: 23.04g (8.38%), Sugar: 16.29g (18.1%), Cholesterol: 6.36mg (2.12%), Sodium: 276.29mg (12.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.48g (30.95%), Vitamin C: 132.02mg (160.03%), Vitamin K: 95.53µg (90.98%), Manganese: 1.32mg (65.91%), Vitamin A: 3019.63IU (60.39%), Fiber: 13.73g (54.93%), Vitamin B1: 0.8mg (53.01%), Folate: 208.36µg (52.09%), Vitamin E: 7.29mg (48.59%), Vitamin B6: 0.85mg (42.55%), Phosphorus: 375.7mg (37.57%), Magnesium: 144.32mg (36.08%), Copper: 0.72mg (36.01%), Potassium: 1055.98mg (30.17%), Vitamin B3: 5.99mg (29.95%), Vitamin B2: 0.48mg (28.3%), Iron: 4.26mg (23.65%), Zinc: 3.54mg (23.63%), Selenium: 13.19µg (18.84%), Calcium: 113.53mg (11.35%), Vitamin B5: 0.85mg (8.49%), Vitamin D: 0.21µg (1.39%), Vitamin B12: 0.08µg (1.39%)