



Lemon-Tarragon Pea Salad



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



109 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.3 cup tarragon fresh minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 0.3 cup mayonnaise
- ☐ 16 oz peas frozen thawed
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.3 teaspoon sugar
- ☐ 0.3 teaspoon paprika sweet

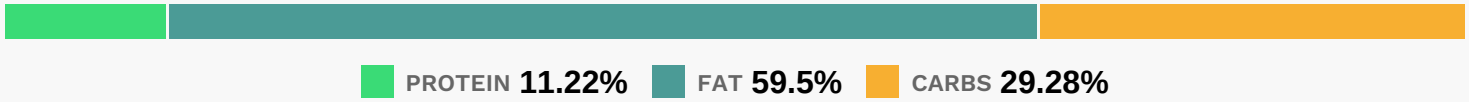
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a small bowl, whisk mayonnaise, sour cream, lemon zest and juice, mustard, salt, pepper and paprika. Taste dressing and add sugar, if desired.
- ☐ Place peas, onion and tarragon in a large bowl.
- ☐ Drizzle enough dressing over to coat lightly (you might have extra dressing; cover and chill for up to 3 days) and gently toss to combine. Cover and chill salad for at least 1 hour before serving. Taste and adjust seasoning, if desired.

Nutrition Facts



Properties

Glycemic Index:31.34, Glycemic Load:2.36, Inflammation Score:-5, Nutrition Score:7.0947826611607%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 109.27kcal (5.46%), Fat: 7.4g (11.39%), Saturated Fat: 1.72g (10.72%), Carbohydrates: 8.19g (2.73%), Net Carbohydrates: 5.41g (1.97%), Sugar: 3.07g (3.41%), Cholesterol: 7.66mg (2.55%), Sodium: 172.22mg (7.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Vitamin C: 20.48mg (24.83%), Vitamin K: 23.66µg (22.53%), Manganese: 0.33mg (16.58%), Fiber: 2.78g (11.13%), Vitamin A: 496.37IU (9.93%), Folate: 35.65µg (8.91%), Vitamin B1: 0.13mg (8.58%), Iron: 1.26mg (7.01%), Phosphorus: 62.47mg (6.25%), Vitamin B6: 0.12mg (6.22%), Vitamin B2: 0.1mg (5.79%), Vitamin B3: 1.12mg (5.59%), Magnesium: 22.22mg (5.55%), Potassium: 178.71mg (5.11%),

Copper: 0.1mg (4.81%), Zinc: 0.67mg (4.48%), Calcium: 40.06mg (4.01%), Vitamin E: 0.35mg (2.36%), Selenium: 1.44µg (2.06%)