



Mixed Field Pea Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 0.7 cup olive oil
- ☐ 6 cups field peas assorted cooked drained
- ☐ 0.5 small purple onion diced
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sugar

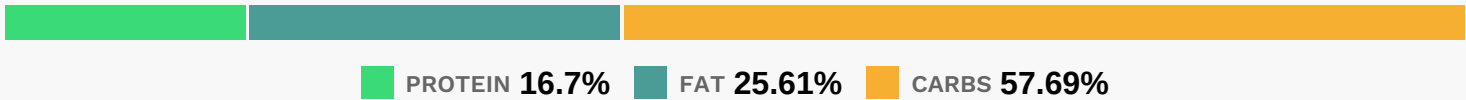
Equipment

☐ whisk

Directions

☐ Whisk together first 6 ingredients; gradually whisk in oil. Toss with peas; cover and chill 8 hours.

Nutrition Facts



Properties

Glycemic Index:21.68, Glycemic Load:7.48, Inflammation Score:-7, Nutrition Score:12.499565248904%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 143.37kcal (7.17%), Fat: 4.14g (6.37%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 20.97g (6.99%), Net Carbohydrates: 14.53g (5.28%), Sugar: 10.98g (12.2%), Cholesterol: 0mg (0%), Sodium: 101.97mg (4.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Vitamin C: 44.07mg (53.41%), Vitamin K: 29.33µg (27.93%), Fiber: 6.44g (25.76%), Manganese: 0.47mg (23.48%), Vitamin B1: 0.3mg (19.75%), Folate: 72.16µg (18.04%), Vitamin A: 870.47IU (17.41%), Phosphorus: 122.64mg (12.26%), Vitamin B3: 2.31mg (11.53%), Copper: 0.2mg (9.9%), Vitamin B6: 0.2mg (9.8%), Iron: 1.73mg (9.62%), Magnesium: 38.06mg (9.52%), Zinc: 1.38mg (9.21%), Vitamin B2: 0.15mg (8.75%), Potassium: 284.66mg (8.13%), Vitamin E: 0.72mg (4.77%), Selenium: 2.68µg (3.83%), Calcium: 31.09mg (3.11%), Vitamin B5: 0.13mg (1.28%)