



Pea, ham hock & watercress salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



680 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 750 g pea-mond dressing fresh frozen podded (or use)
- ☐ 700 g pork hock shredded cooled cooked (see tip, below)
- ☐ 1 large handful parsley chopped
- ☐ 1 bunch spring onion sliced
- ☐ 1 large handful watercress
- ☐ 7 tbsp canola oil
- ☐ 2 tbsp apple cider vinegar
- ☐ 3 tsp dijon mustard english

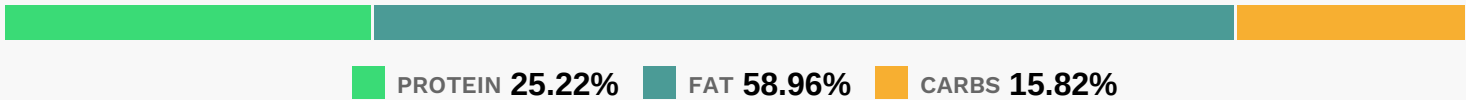
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook the peas in a large pan of boiling salted water for about 3 mins (or 1 min if frozen).
- ☐ Drain and run under cold water to stop them cooking.
- ☐ Whisk the dressing ingredients together with some seasoning until emulsified.
- ☐ Mix the ham hock with the peas, parsley and dressing in a large bowl.
- ☐ Transfer the salad to a platter or spoon onto individual plates. Scatter over the spring onions and watercress just before serving.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:7.39, Inflammation Score:-6, Nutrition Score:15.23217394041%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 679.51kcal (33.98%), Fat: 44.14g (67.91%), Saturated Fat: 11.31g (70.69%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 18.41g (6.69%), Sugar: 4.57g (5.08%), Cholesterol: 127.17mg (42.39%), Sodium: 510.5mg (22.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.48g (84.96%), Folate: 263.59µg (65.9%), Fiber: 8.25g (33.01%), Vitamin K: 33.4µg (31.81%), Manganese: 0.61mg (30.7%), Iron: 5.14mg (28.55%), Potassium: 794.58mg (22.7%), Vitamin E: 3.24mg (21.58%), Phosphorus: 197.36mg (19.74%), Vitamin B1: 0.26mg (17.03%), Copper: 0.34mg (16.99%), Magnesium: 67.67mg (16.92%), Zinc: 1.64mg (10.92%), Vitamin B6: 0.13mg (6.41%), Calcium: 57.68mg (5.77%), Vitamin B5: 0.52mg (5.2%), Selenium: 3.16µg (4.51%), Vitamin B2: 0.07mg (4.28%),

Vitamin B3: 0.65mg (3.24%), Vitamin C: 2.21mg (2.68%), Vitamin A: 120.11IU (2.4%)