



Pea Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



340 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon optional: dill fresh minced
- ☐ 6 green onions sliced
- ☐ 16 ounce peas sweet green drained canned
- ☐ 16 ounce peas sweet green drained canned
- ☐ 2 hard-cooked eggs chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 teaspoon pepper

- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sharp cheddar cheese diced
- ☐ 1 teaspoon sugar

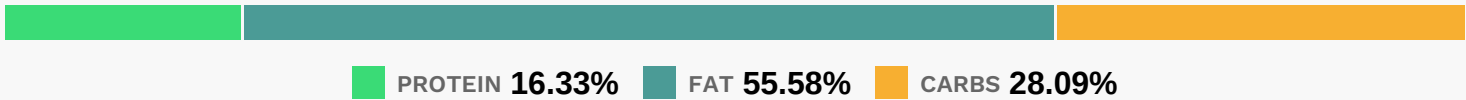
Equipment

- ☐ bowl

Directions

- ☐ Stir together all ingredients in a large bowl.

Nutrition Facts



Properties

Glycemic Index:52.46, Glycemic Load:6.64, Inflammation Score:-9, Nutrition Score:23.041304080383%

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 Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 339.67kcal (16.98%), Fat: 21.17g (32.57%), Saturated Fat: 5.55g (34.71%), Carbohydrates: 24.07g (8.02%), Net Carbohydrates: 15.11g (5.5%), Sugar: 9.88g (10.98%), Cholesterol: 84.13mg (28.04%), Sodium: 337.99mg (14.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.99g (27.99%), Vitamin K: 93.29µg (88.85%), Vitamin C: 63.07mg (76.45%), Fiber: 8.95g (35.82%), Manganese: 0.66mg (32.87%), Vitamin A: 1518.43IU (30.37%), Folate: 117.4µg (29.35%), Vitamin B1: 0.43mg (28.4%), Phosphorus: 265.22mg (26.52%), Vitamin B2: 0.36mg (21.23%), Selenium: 12.36µg (17.66%), Zinc: 2.64mg (17.63%), Vitamin B3: 3.24mg (16.22%), Calcium: 156.65mg (15.67%), Iron: 2.67mg (14.84%), Vitamin B6: 0.29mg (14.75%), Magnesium: 58.17mg (14.54%), Copper: 0.29mg (14.39%), Potassium: 439.77mg (12.56%), Vitamin E: 1.15mg (7.7%), Vitamin B12: 0.36µg (5.95%), Vitamin B5: 0.49mg (4.92%), Vitamin D: 0.49µg (3.26%)