



 **94%**
HEALTH SCORE

Pea Salad with Bacon and Eggs

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



1

CALORIES



1267 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 strips bacon smoked
- 4 large eggs
- 1 garlic clove smashed
- 1 tablespoon olive oil extra virgin extra-virgin
- 0.5 small onion
- 1.5 pounds snow peas fresh
- 0.5 tablespoon red wine vinegar
- 0.5 teaspoon coarse mustard

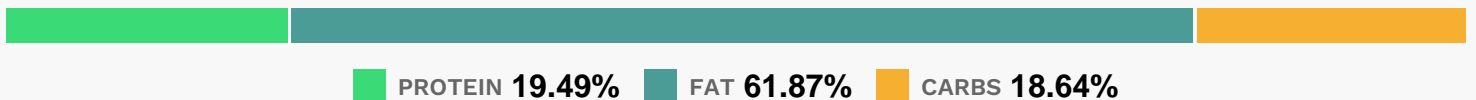
Equipment

- frying pan
- paper towels
- sauce pan
- slotted spoon

Directions

- Hard-boil eggs: Put eggs into a small saucepan, add enough water to cover and bring to a rolling boil over medium-high heat. Turn off heat, cover and let stand for 20 minutes.
- Drain, then cover eggs with ice water.
- Let stand until eggs are cold, about 5 minutes.
- Drain, then peel.
- Meanwhile, bring a medium saucepan half full of water to a boil.
- Add peas, reduce heat and simmer until peas are tender, 7 to 10 minutes.
- Drain and rinse with cold water.
- Cook bacon in a skillet over medium heat, stirring, until crisp, about 5 minutes.
- Transfer with a slotted spoon to paper towels.
- Pour off all but 1 Tbsp. fat from pan; add onion and garlic to pan and cook, stirring, until softened, about 5 minutes.
- Remove from heat. Stir in peas and bacon, followed by olive oil, vinegar and mustard. Chop eggs, add to salad and toss gently.

Nutrition Facts



Properties

Glycemic Index:89, Glycemic Load:1.01, Inflammation Score:-10, Nutrition Score:70.95%

Flavonoids

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: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 1267.38kcal (63.37%), Fat: 86.91g (133.7%), Saturated Fat: 26.03g (162.7%), Carbohydrates: 58.91g (19.64%), Net Carbohydrates: 40.46g (14.71%), Sugar: 29.51g (32.78%), Cholesterol: 831.12mg (277.04%), Sodium: 1215.35mg (52.84%), Protein: 61.59g (123.19%), Vitamin C: 411.81mg (499.16%), Vitamin K: 179.35µg (170.81%), Vitamin A: 8527.41IU (170.55%), Selenium: 94.15µg (134.49%), Iron: 18.47mg (102.61%), Vitamin B1: 1.49mg (99.45%), Folate: 386.68µg (96.67%), Phosphorus: 964.73mg (96.47%), Vitamin B6: 1.86mg (93.03%), Vitamin B2: 1.58mg (92.92%), Manganese: 1.84mg (91.99%), Vitamin B5: 8.97mg (89.7%), Fiber: 18.46g (73.82%), Potassium: 1968.08mg (56.23%), Magnesium: 208.88mg (52.22%), Vitamin E: 7.36mg (49.04%), Vitamin B3: 9.62mg (48.08%), Calcium: 426.81mg (42.68%), Vitamin B12: 2.44µg (40.67%), Zinc: 6.09mg (40.58%), Copper: 0.76mg (38.11%), Vitamin D: 4.53µg (30.19%)