



Pea Salad with Radishes and Feta Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



320 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups pea sprouts fresh coarsely chopped
- ☐ 2 teaspoons cumin seeds
- ☐ 4 ounces feta cheese crumbled
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 4 cups peas fresh shelled (from 4 pounds peas in pods)
- ☐ 2 teaspoons honey
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup olive oil extra-virgin

☐ 1 bunch radishes trimmed halved thinly sliced

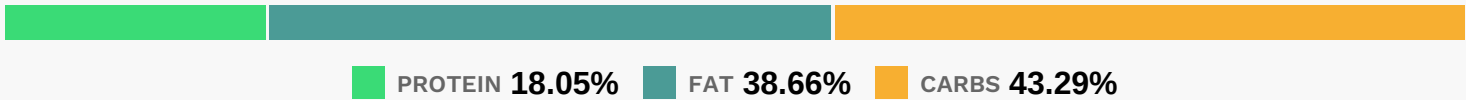
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Heat small skillet over medium heat.
- ☐ Add cumin seeds and toast until aromatic and slightly darker, about 2 minutes. Cool; grind finely in spice mill.
- ☐ Whisk lime juice, honey, and cumin in small bowl. Gradually whisk in oil; stir in dill. Season dressing with salt and pepper. DO AHEAD Can be made 1 day ahead. Cover and chill. Bring to room temperature.
- ☐ Cook peas in pot of boiling salted water until almost tender, about 5 minutes for fresh (or about 2 minutes for frozen).
- ☐ Drain; rinse under cold water, then drain well.
- ☐ Transfer to large bowl.
- ☐ Add radishes, feta, and dressing; toss. Season with salt and pepper. If using pea tendrils or sprouts, divide among bowls. Divide salad among bowls.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:36.1, Glycemic Load:10.02, Inflammation Score:-8, Nutrition Score:22.151304431584%

Flavonoids

Pelargonidin: 5.26mg, Pelargonidin: 5.26mg, Pelargonidin: 5.26mg, Pelargonidin: 5.26mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 319.97kcal (16%), Fat: 14.07g (21.64%), Saturated Fat: 3.96g (24.73%), Carbohydrates: 35.44g (11.81%), Net Carbohydrates: 24.11g (8.77%), Sugar: 10.49g (11.65%), Cholesterol: 16.82mg (5.61%), Sodium: 228.6mg (9.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.78g (29.56%), Folate: 250.76µg (62.69%), Vitamin C: 41.98mg (50.88%), Fiber: 11.33g (45.33%), Manganese: 0.84mg (42.17%), Vitamin B1: 0.47mg (31.1%), Phosphorus: 308.17mg (30.82%), Vitamin K: 31.37µg (29.87%), Iron: 4.25mg (23.62%), Magnesium: 84.9mg (21.23%), Copper: 0.42mg (20.95%), Vitamin B2: 0.34mg (20.12%), Zinc: 2.92mg (19.46%), Vitamin A: 859.14IU (17.18%), Vitamin B6: 0.34mg (17.06%), Potassium: 526.63mg (15.05%), Calcium: 147.62mg (14.76%), Vitamin B3: 2.7mg (13.49%), Vitamin E: 1.73mg (11.53%), Selenium: 6.83µg (9.76%), Vitamin B5: 0.66mg (6.59%), Vitamin B12: 0.32µg (5.32%)