

Pea & soya bean salad with fresh dill



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



77 kcal

SIDE DISH

Ingredients

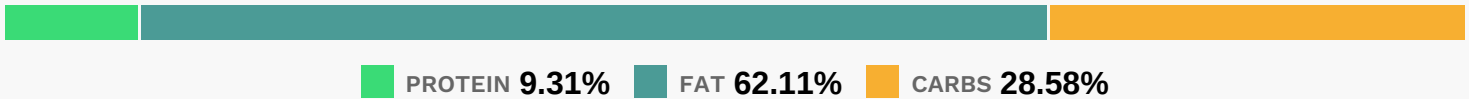
- ☐ 200 g pea beans frozen
- ☐ 1 small handful optional: dill chopped
- ☐ 1.5 tbsp cooking oil
- ☐ 1 tbsp sherry vinegar
- ☐ 1 tsp coarse mustard
- ☐ 1 tsp clear honey

Equipment

Directions

- ☐ Cook the peas and soya beans in boiling salted water for 3–4 mins until just tender.
- ☐ Drain, then run under cold water until completely cooled.
- ☐ Meanwhile, make the dressing.
- ☐ Mix all the ingredients together, season, then stir until well combined. Toss the beans and peas in the dressing with the chopped dill and scatter over the sprigs to serve.

Nutrition Facts



Properties

Glycemic Index:35.32, Glycemic Load:2.46, Inflammation Score:-1, Nutrition Score:1.9265217358327%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 77.31kcal (3.87%), Fat: 5.4g (8.3%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 5.59g (1.86%), Net Carbohydrates: 5.52g (2.01%), Sugar: 1.45g (1.62%), Cholesterol: 0mg (0%), Sodium: 14.27mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.64%), Vitamin C: 7.24mg (8.78%), Iron: 1.31mg (7.28%), Vitamin E: 0.92mg (6.15%), Calcium: 37.64mg (3.76%), Vitamin K: 3.76µg (3.58%), Vitamin B1: 0.05mg (3.5%), Phosphorus: 31.38mg (3.14%), Vitamin B2: 0.05mg (3.07%), Vitamin B3: 0.46mg (2.32%)