



## Peas and Carrots Spring Salad

 Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



6

CALORIES



261 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 sack baby greens mixed
- 1 cup baby peas frozen
- 20 leaves basil fresh shredded
- 2 cups carrots shredded
- 2 large to 3 ham steaks cut in halves
- 0.3 cup olive oil extra-virgin
- 1 tablespoon olive oil extra-virgin
- 6 servings salt and pepper

- 1 shallots finely chopped
- 3 tablespoons citrus champagne vinegar

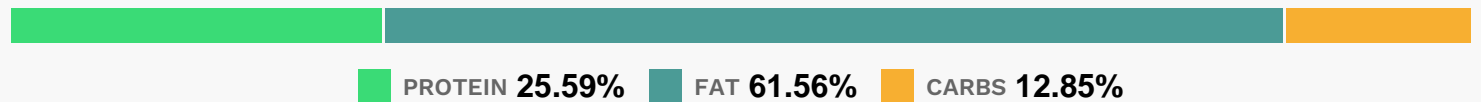
## Equipment

- frying pan
- whisk

## Directions

- Combine greens and basil on a platter. Top with arrangement of shredded carrots and peas.
- Combine shallots and vinegar and let stand 5 to 10 minutes.
- Whisk in extra-virgin olive oil to combine.
- Drizzle dressing evenly over the salad and season with salt and pepper.
- Serve with Ham Steaks.
- Heat a large skillet, with olive oil.
- Add the ham steaks and heat through, 1 to 2 minutes on each side.

## Nutrition Facts



## Properties

Glycemic Index:31.86, Glycemic Load:2.47, Inflammation Score:-10, Nutrition Score:18.606086927912%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 260.52kcal (13.03%), Fat: 17.75g (27.31%), Saturated Fat: 3.1g (19.34%), Carbohydrates: 8.34g (2.78%), Net Carbohydrates: 5.61g (2.04%), Sugar: 3.73g (4.14%), Cholesterol: 33.9mg (11.3%), Sodium: 1181.92mg (51.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.6g (33.21%), Vitamin A: 7402.74IU (148.05%), Vitamin B1: 0.7mg (46.55%), Vitamin C: 37.23mg (45.12%), Vitamin K: 27.2µg (25.91%), Phosphorus: 241mg (24.1%), Vitamin B3:

4.78mg (23.88%), Vitamin B6: 0.4mg (19.78%), Selenium: 12.21µg (17.44%), Vitamin E: 2.39mg (15.95%), Potassium: 462.56mg (13.22%), Zinc: 1.96mg (13.05%), Vitamin B2: 0.21mg (12.32%), Manganese: 0.22mg (11.17%), Fiber: 2.73g (10.93%), Vitamin B12: 0.6µg (9.92%), Iron: 1.46mg (8.09%), Magnesium: 29.67mg (7.42%), Folate: 29.44µg (7.36%), Copper: 0.13mg (6.65%), Vitamin B5: 0.62mg (6.24%), Calcium: 28.36mg (2.84%)