



Snap Pea Salad with Burrata



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



436 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups arugula thick trimmed
- ☐ 1 pound buffalo mozzarella cheese fresh
- ☐ 0.3 cup basil fresh plus more for serving
- ☐ 0.3 cup mint leaves fresh plus more for serving
- ☐ 2 tablespoons juice of lemon fresh ()
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 4 servings sea salt (such as Maldon)
- ☐ 8 ounces sugar snap peas trimmed

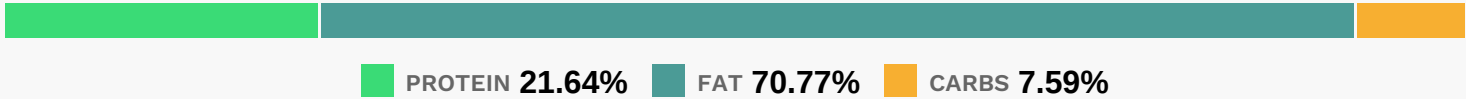
Equipment

☐ bowl

Directions

- ☐ Cut pea pods in half lengthwise, leaving some peas on each side of pods.
- ☐ Combine peas, arugula, 1/4 cup basil, and 1/4 cup mint in a large bowl.
- ☐ Add oil and 2 tablespoons lemon juice and toss to coat. Season salad with salt and more lemon juice, if desired.
- ☐ Tear open balls of burrata (if using buffalo mozzarella, slice 1/2" thick) and arrange on a platter. Top with salad and more basil and mint.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.14, Inflammation Score:-10, Nutrition Score:17.233478014884%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 436.31kcal (21.82%), Fat: 34.66g (53.32%), Saturated Fat: 16.33g (102.06%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 6.3g (2.29%), Sugar: 3.88g (4.31%), Cholesterol: 86.18mg (28.73%), Sodium: 666.47mg (28.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.84g (47.68%), Calcium: 2595.32mg (259.53%), Vitamin A: 4635.21IU (92.7%), Vitamin C: 41.09mg (49.8%), Vitamin K: 48.52µg (46.21%), Manganese: 0.25mg (12.71%), Vitamin E: 1.84mg (12.28%), Folate: 48.94µg (12.23%), Iron: 2.18mg (12.12%), Potassium: 290.34mg (8.3%), Fiber: 2.07g (8.26%), Magnesium: 26.67mg (6.67%), Vitamin B1: 0.1mg (6.56%), Vitamin B6: 0.11mg (5.74%), Vitamin B5: 0.54mg (5.35%), Phosphorus: 43.94mg (4.39%), Vitamin B2: 0.07mg (4.25%), Copper: 0.08mg (3.82%), Vitamin B3: 0.47mg (2.35%), Zinc: 0.29mg (1.96%)