



## Sugar Snap Pea Salad II

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup carrots grated
- 1 cup cherry tomatoes halved
- 0.3 teaspoon parsley dried
- 0.3 teaspoon rosemary dried
- 0.3 cup mayonnaise
- 0.3 teaspoon oregano dried
- 0.3 cup parmesan cheese grated
- 0.3 onion red chopped

- 1 pinch salt and pepper
- 8 ounce sugar snap peas

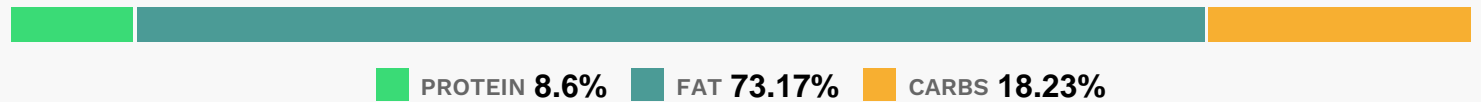
## Equipment

- bowl

## Directions

- Snap large pea pods in half, and place peas in a salad bowl with cherry tomatoes, carrots, red onion, mayonnaise, Parmesan cheese, oregano, parsley, rosemary, salt, and pepper. Gently toss to combine all ingredients and coat with dressing, and refrigerate salad for at least 1 hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:49.71, Glycemic Load:0.71, Inflammation Score:-10, Nutrition Score:12.790000219708%

## Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

## Nutrients (% of daily need)

Calories: 193.44kcal (9.67%), Fat: 15.92g (24.49%), Saturated Fat: 3.19g (19.94%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 6.57g (2.39%), Sugar: 4.36g (4.85%), Cholesterol: 13.28mg (4.43%), Sodium: 255.34mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.42%), Vitamin A: 3540.21IU (70.8%), Vitamin C: 43.98mg (53.31%), Vitamin K: 48.75µg (46.43%), Manganese: 0.22mg (11.14%), Fiber: 2.36g (9.43%), Calcium: 94.24mg (9.42%), Phosphorus: 91.84mg (9.18%), Iron: 1.61mg (8.95%), Folate: 34.64µg (8.66%), Vitamin E: 1.2mg (8.03%), Vitamin B6: 0.16mg (7.93%), Potassium: 272.88mg (7.8%), Vitamin B1: 0.12mg (7.73%), Vitamin B5: 0.58mg (5.79%), Magnesium: 22.32mg (5.58%), Vitamin B2: 0.09mg (5.33%), Selenium: 3.26µg (4.65%), Copper: 0.09mg (4.48%), Zinc: 0.56mg (3.72%), Vitamin B3: 0.71mg (3.57%), Vitamin B12: 0.11µg (1.78%)