



HEALTH SCORE

100%

Sun-dried Tomato and Peas on Endive Spears



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



6

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 4 heads endive separated ends trimmed
- ☐ 2 cloves garlic chopped
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 pound peas frozen thawed
- ☐ 0.8 cup sun-dried tomatoes drained

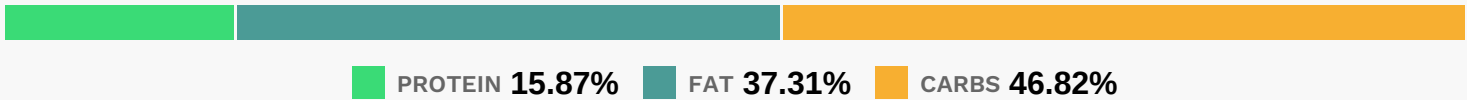
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the peas, sun-dried tomatoes, and garlic in a food processor. Pulse the machine until the peas and tomatoes are finely chopped.
- ☐ Add the olive oil and pulse until the olive oil is incorporated and the mixture is minced but not yet pureed.
- ☐ Transfer to a small bowl and stir in the salt and pepper.
- ☐ Serve as a dip with the endive spears alongside.

Nutrition Facts



Properties

Glycemic Index:30.22, Glycemic Load:5.18, Inflammation Score:-10, Nutrition Score:37.415217171545%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 30.3mg, Kaempferol: 30.3mg, Kaempferol: 30.3mg, Kaempferol: 30.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 229.6kcal (11.48%), Fat: 10.33g (15.89%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 29.15g (9.72%), Net Carbohydrates: 13.75g (5%), Sugar: 10.22g (11.35%), Cholesterol: 0mg (0%), Sodium: 472.49mg (20.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.88g (19.77%), Vitamin K: 723.64µg (689.18%), Vitamin A: 7201.42IU (144.03%), Folate: 484.58µg (121.14%), Manganese: 1.88mg (94.2%), Vitamin C: 55.44mg (67.2%), Fiber: 15.41g (61.62%), Potassium: 1606.7mg (45.91%), Vitamin B1: 0.52mg (34.4%), Copper: 0.63mg (31.65%), Vitamin B5: 3.08mg (30.76%), Iron: 4.95mg (27.52%), Magnesium: 97.45mg (24.36%), Zinc: 3.6mg (23.98%), Vitamin B2: 0.39mg (23.16%), Phosphorus: 216.65mg (21.67%), Vitamin B3: 4.04mg (20.18%), Calcium: 193.64mg (19.36%), Vitamin E: 2.72mg (18.13%), Vitamin B6: 0.25mg (12.34%), Selenium: 2.88µg (4.11%)