



Sweet Pea and Dill Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



372 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup dill weed fresh chopped
- 4 servings ground pepper black to taste
- 2 tablespoons horseradish prepared
- 0.5 cup mayonnaise
- 1 tablespoon mustard dijon-style prepared
- 4 cups blanched peas green
- 0.5 cup cup heavy whipping cream sour

Equipment

- bowl
- paper towels

Directions

- Gently pat peas with a paper towel to absorb any excess moisture.
- Place peas in a large bowl.
- In small bowl combine the mayonnaise, sour cream, horseradish, mustard and 3 tablespoons dill weed.
- Add to peas and toss to coat.
- Sprinkle remaining dill over top. Cover and chill for at least 2 hours.

Nutrition Facts

PROTEIN 9.74% **FAT 65.15%** **CARBS 25.11%**

Properties

Glycemic Index:52.08, Glycemic Load:5.93, Inflammation Score:-9, Nutrition Score:20.404782709868%

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 Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 372.18kcal (18.61%), Fat: 27.32g (42.02%), Saturated Fat: 6.3g (39.39%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 14.93g (5.43%), Sugar: 10.01g (11.13%), Cholesterol: 28.72mg (9.57%), Sodium: 268.52mg (11.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.19g (18.38%), Vitamin K: 82.35µg (78.43%), Vitamin C: 62.64mg (75.93%), Fiber: 8.76g (35.04%), Manganese: 0.67mg (33.73%), Vitamin A: 1536.64IU (30.73%), Vitamin B1: 0.4mg (26.92%), Folate: 106.34µg (26.58%), Phosphorus: 192.8mg (19.28%), Vitamin B3: 3.15mg (15.77%), Vitamin B2: 0.26mg (15.19%), Magnesium: 56.62mg (14.15%), Iron: 2.5mg (13.92%), Copper: 0.28mg (13.92%), Zinc: 2.05mg (13.66%), Vitamin B6: 0.27mg (13.64%), Potassium: 442.42mg (12.64%), Selenium: 5.81µg (8.3%), Vitamin E: 1.23mg (8.21%), Calcium: 80.64mg (8.06%), Vitamin B5: 0.33mg (3.27%), Vitamin B12: 0.09µg (1.57%)