

Sweet pea salad

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



105 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 peas quartered
- ☐ 1 small bunch chives
- ☐ 100 g croutons
- ☐ 1 small bunch mint leaves leaves picked
- ☐ 150 ml yogurt
- ☐ 50 g pea shoots
- ☐ 6 servings garden peas
- ☐ 0.5 tbsp sugar

- ☐ 200 g sugar snap peas finely sliced
- ☐ 2 tbsp citrus champagne vinegar

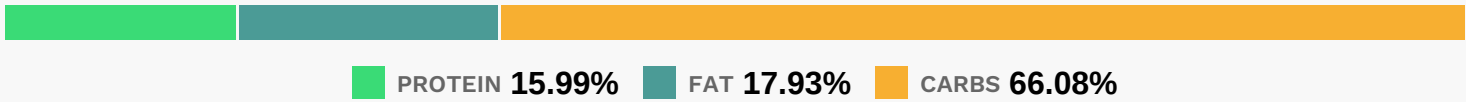
Equipment

- ☐ food processor
- ☐ sieve

Directions

- ☐ Put the peas in a sieve and run under hot water until just defrosted. Leave to drain thoroughly. To make the dressing, put all the ingredients in a food processor or blender and whizz to a sauce. Season well. On a big platter, toss together the peas, sugar snaps, lettuce, pea shoots, cress and croutons. Tip the dressing into a small bowl and use a spoon to drizzle over.

Nutrition Facts



Properties

Glycemic Index:41.74, Glycemic Load:9.16, Inflammation Score:-5, Nutrition Score:7.2039130790078%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 105.31kcal (5.27%), Fat: 2.08g (3.2%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 15.41g (5.6%), Sugar: 3.64g (4.04%), Cholesterol: 3.37mg (1.12%), Sodium: 132.04mg (5.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.35%), Vitamin C: 27.39mg (33.2%), Vitamin K: 15.35µg (14.62%), Vitamin A: 552.22IU (11.04%), Vitamin B1: 0.16mg (10.97%), Selenium: 7.08µg (10.12%), Folate: 40.4µg (10.1%), Manganese: 0.19mg (9.3%), Iron: 1.47mg (8.19%), Fiber: 1.99g (7.97%), Vitamin B2: 0.11mg (6.75%), Phosphorus: 64mg (6.4%), Calcium: 61.8mg (6.18%), Vitamin B3: 1.16mg (5.81%), Magnesium: 17.83mg (4.46%), Vitamin B5: 0.43mg (4.3%), Potassium: 142.46mg (4.07%), Vitamin B6: 0.07mg (3.55%), Copper: 0.06mg (3.11%), Zinc: 0.41mg (2.75%), Vitamin B12: 0.1µg (1.6%), Vitamin E: 0.15mg (1.03%)