

Three Pea Salad



Vegetarian



Gluten Free

READY IN



18 min.

SERVINGS



12

CALORIES



105 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 4 ounces goat cheese crumbled soft
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 0.3 cup olive oil
- ☐ 10 ounce peas fresh english
- ☐ 1.5 cups radishes thinly sliced (9 medium radishes)

- ☐ 12 servings salt
- ☐ 12 servings salt and pepper
- ☐ 8 ounces snap peas trimmed
- ☐ 8 ounces snow peas trimmed

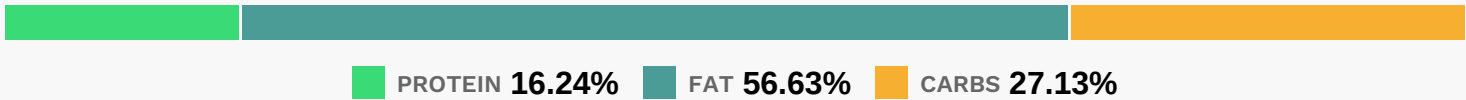
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Make salad: Bring a large pot of salted water to a boil.
- ☐ Add all peas and blanch for 3 minutes.
- ☐ Drain and plunge into a large bowl of ice water. When peas are cold, drain and pat dry.
- ☐ Place in a large bowl with radishes.
- ☐ Make dressing: In a small bowl, whisk together lemon zest and juice, mustard, tarragon and olive oil until well combined; season with salt and pepper.
- ☐ Pour over salad and toss well.
- ☐ Sprinkle with goat cheese.

Nutrition Facts



Properties

Glycemic Index:14.86, Glycemic Load:1.17, Inflammation Score:-6, Nutrition Score:8.2834783766581%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg

Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 104.66kcal (5.23%), Fat: 6.74g (10.37%), Saturated Fat: 2.05g (12.8%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 4.62g (1.68%), Sugar: 3.28g (3.65%), Cholesterol: 4.35mg (1.45%), Sodium: 435.77mg (18.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.7%), Vitamin C: 35.75mg (43.33%), Vitamin K: 18.38µg (17.51%), Vitamin A: 715.27IU (14.31%), Manganese: 0.26mg (12.9%), Fiber: 2.65g (10.59%), Folate: 38.14µg (9.53%), Iron: 1.59mg (8.83%), Vitamin B1: 0.13mg (8.72%), Copper: 0.15mg (7.65%), Phosphorus: 75.14mg (7.51%), Vitamin B6: 0.15mg (7.51%), Vitamin B2: 0.11mg (6.56%), Vitamin E: 0.85mg (5.66%), Magnesium: 22.24mg (5.56%), Potassium: 190.69mg (5.45%), Calcium: 46.58mg (4.66%), Vitamin B3: 0.86mg (4.28%), Vitamin B5: 0.4mg (4.01%), Zinc: 0.55mg (3.67%), Selenium: 1.21µg (1.73%)