

Three-Pea Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



156 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups box baby peas frozen
- ☐ 1 tablespoon crème fraîche sour
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 6 servings salt and pepper freshly ground
- ☐ 1 tablespoon shallots minced
- ☐ 1 tablespoon sherry vinegar
- ☐ 0.5 pound snow peas halved
- ☐ 0.5 pound sugar snap peas

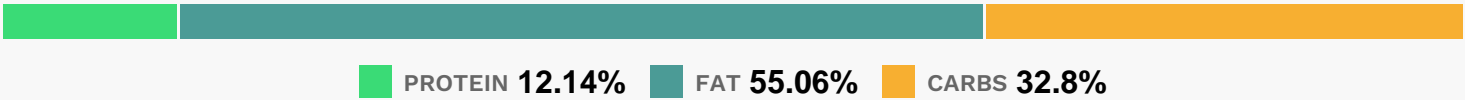
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ colander

Directions

- ☐ Bring a large saucepan of salted water to a boil. Fill a large bowl with ice water. In another large bowl, whisk the shallot, vinegar and sour cream together.
- ☐ Whisk in the olive oil until emulsified. Season with salt and pepper.
- ☐ Add the sugar snap peas to the boiling water and blanch for 20 seconds.
- ☐ Add the snow peas and cook for 20 seconds.
- ☐ Add the frozen baby peas and cook for 20 seconds longer, until the sugar snaps and snow peas are crisp-tender and the baby peas are heated through.
- ☐ Drain and immediately transfer the colander to the ice water to stop the cooking.
- ☐ Drain again and pat the peas dry.
- ☐ Add the peas to the dressing, season with salt and pepper and toss to coat.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:12.39, Glycemic Load:1.93, Inflammation Score:-8, Nutrition Score:13.4699999907133%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 156.1kcal (7.8%), Fat: 9.73g (14.98%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 13.05g (4.35%), Net Carbohydrates: 8.27g (3.01%), Sugar: 5.96g (6.63%), Cholesterol: 1.18mg (0.39%), Sodium: 200.43mg (8.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Vitamin C: 64.86mg (78.61%), Vitamin K: 36.35µg (34.62%), Vitamin A: 1204.03IU (24.08%), Manganese: 0.39mg (19.47%), Fiber: 4.77g (19.1%), Vitamin B1: 0.24mg (16.22%), Folate: 63.85µg (15.96%), Iron: 2.37mg (13.15%), Vitamin E: 1.66mg (11.08%), Vitamin B6: 0.21mg (10.46%), Phosphorus: 94.99mg (9.5%), Magnesium: 34.75mg (8.69%), Potassium: 278.3mg (7.95%), Vitamin B2: 0.13mg (7.53%), Copper: 0.15mg (7.35%), Vitamin B3: 1.47mg (7.34%), Vitamin B5: 0.63mg (6.29%), Zinc: 0.82mg (5.45%), Calcium: 47.59mg (4.76%), Selenium: 1.49µg (2.13%)