




# Wes' Super Awesome Pea Salad


 Vegetarian  Gluten Free  Dairy Free

READY IN




10 min.

SERVINGS



4

CALORIES



140 kcal

[SIDE DISH](#) [ANTIPASTI](#) [STARTER](#) [SNACK](#)

## Ingredients

- 15 ounce peas chilled canned
- 0.3 cup cucumber diced english finely
- 3 tablespoons mayonnaise
- 0.5 teaspoon pepper to taste (or )
- 0.3 cup onion diced red finely
- 0.5 teaspoon salt to taste (or )

## Equipment

# Nutrition Facts

PROTEIN 9.95% FAT 53.26% CARBS 36.79%

## Properties

Glycemic Index:27.25, Glycemic Load:0.34, Inflammation Score:-8, Nutrition Score:8.054347826087%

## Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 140.32kcal (7.02%), Fat: 8.4g (12.92%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 13.05g (4.35%), Net Carbohydrates: 9.21g (3.35%), Sugar: 4.17g (4.64%), Cholesterol: 4.41mg (1.47%), Sodium: 554.79mg (24.12%), Protein: 3.53g (7.06%), Vitamin K: 41.01µg (39.05%), Vitamin A: 1643.05IU (32.86%), Fiber: 3.84g (15.37%), Manganese: 0.28mg (14.09%), Vitamin C: 9.52mg (11.54%), Iron: 1.47mg (8.18%), Phosphorus: 75.52mg (7.55%), Folate: 29.22µg (7.31%), Vitamin B1: 0.09mg (6.11%), Copper: 0.12mg (5.98%), Magnesium: 23.2mg (5.8%), Zinc: 0.82mg (5.5%), Vitamin B3: 1.08mg (5.42%), Vitamin B6: 0.09mg (4.51%), Potassium: 150.38mg (4.3%), Calcium: 27.84mg (2.78%), Vitamin E: 0.37mg (2.49%), Selenium: 1.73µg (2.47%), Vitamin B2: 0.03mg (2.02%), Vitamin B5: 0.16mg (1.57%)