



Yummy Summer Pea Salad

 **Gluten Free**

READY IN



70 min.

SERVINGS



10

CALORIES



579 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound bacon cooked chopped
- ☐ 1 cup golden raisins
- ☐ 1 cup mayonnaise
- ☐ 12 ounce peas frozen thawed
- ☐ 8 ounce cheddar cheese shredded
- ☐ 0.5 cup sunflower seeds
- ☐ 1 onion sweet chopped
- ☐ 0.3 teaspoon sugar white to taste

☐ 2 tablespoons red-wine vinegar

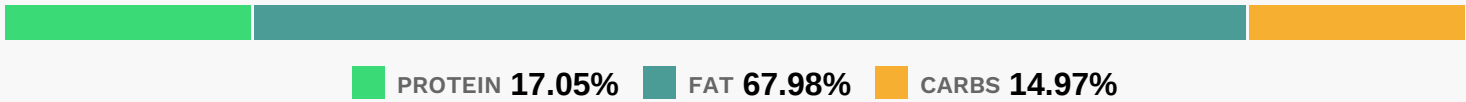
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Toss peas, bacon, raisins, Cheddar cheese, onion, and sunflower seeds together in a large bowl. Stir mayonnaise, vinegar, and sugar together in a small bowl; drizzle over the salad and toss to coat.
- ☐ Cover bowl with plastic wrap and refrigerate for 1 hour.

Nutrition Facts



Properties

Glycemic Index:26.81, Glycemic Load:7.95, Inflammation Score:-7, Nutrition Score:19.731304293093%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

Nutrients (% of daily need)

Calories: 579.15kcal (28.96%), Fat: 44.06g (67.79%), Saturated Fat: 12.76g (79.77%), Carbohydrates: 21.83g (7.28%), Net Carbohydrates: 18.43g (6.7%), Sugar: 12.65g (14.06%), Cholesterol: 76.99mg (25.66%), Sodium: 1059.53mg (46.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.87g (49.74%), Selenium: 34.36µg (49.09%), Vitamin K: 46.1µg (43.9%), Phosphorus: 391.38mg (39.14%), Vitamin B3: 6.25mg (31.27%), Vitamin B1: 0.47mg (31.15%), Vitamin B6: 0.5mg (24.88%), Vitamin E: 3.52mg (23.47%), Zinc: 3.1mg (20.67%), Calcium: 195.34mg (19.53%), Vitamin C: 15.77mg (19.11%), Vitamin B2: 0.31mg (18.38%), Manganese: 0.36mg (17.76%), Copper: 0.31mg (15.57%), Magnesium: 61.58mg (15.4%), Potassium: 523.24mg (14.95%), Fiber: 3.39g (13.57%), Folate: 51.25µg (12.81%), Vitamin B12: 0.76µg (12.69%), Vitamin A: 522.52IU (10.45%), Iron: 1.73mg (9.58%), Vitamin B5: 0.8mg (8.03%), Vitamin D: 0.36µg (2.42%)