



Yvonne's Pea Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



296 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound cheddar cheese cubed
- 1 tablespoon curry powder
- 1 tablespoon dill weed dried
- 10 ounce peas green frozen thawed
- 10 ounces cup heavy whipping cream sour
- 0.5 cup onion white chopped

Equipment

- bowl

Directions

In a large bowl, combine peas, Cheddar cheese, and sour cream. Stir in chopped onion, curry powder and dill.

Nutrition Facts

PROTEIN 17.13% **FAT 66.9%** **CARBS 15.97%**

Properties

Glycemic Index:17.22, Glycemic Load:2.36, Inflammation Score:-7, Nutrition Score:12.42391296055%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 295.89kcal (14.79%), Fat: 22.38g (34.43%), Saturated Fat: 12.09g (75.58%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 8.7g (3.16%), Sugar: 5.01g (5.56%), Cholesterol: 65.68mg (21.89%), Sodium: 266.31mg (11.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.89g (25.79%), Calcium: 343.54mg (34.35%), Phosphorus: 270.13mg (27.01%), Vitamin C: 20.68mg (25.06%), Vitamin A: 1073.95IU (21.48%), Selenium: 13.53µg (19.33%), Vitamin B2: 0.32mg (18.6%), Zinc: 2.21mg (14.72%), Manganese: 0.28mg (14.13%), Vitamin K: 14.39µg (13.7%), Fiber: 3.32g (13.28%), Folate: 45.56µg (11.39%), Vitamin B1: 0.16mg (10.46%), Magnesium: 36.65mg (9.16%), Vitamin B12: 0.5µg (8.33%), Vitamin B6: 0.16mg (8.07%), Iron: 1.36mg (7.53%), Potassium: 254.89mg (7.28%), Copper: 0.12mg (6%), Vitamin B3: 1.12mg (5.58%), Vitamin E: 0.75mg (4.98%), Vitamin B5: 0.38mg (3.8%), Vitamin D: 0.23µg (1.51%)