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Easy Pea Salad ♦

A simple and refreshing salad made with peas and other fresh ingredients.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	frozen peas
50 g	red onion
200 g	Cherry Tomatoes
100 g	feta cheese
10 g	Fresh Mint Leaves
2 tbsp	Lemon juice
2 tbsp	Olive oil

0.5 tsp Salt

0.5 tsp Black pepper

Directions

Step 1

Preparation

Thaw the frozen peas by rinsing them under cold water.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Chop the red onion, cherry tomatoes, and fresh mint leaves.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the thawed peas, chopped red onion, cherry tomatoes, and fresh mint leaves.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Mixing

In a small bowl, whisk together the lemon juice, olive oil, salt, and black pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Mixing

Pour the dressing over the pea mixture and toss to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Mixing

Crumble the feta cheese over the salad and gently mix.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve immediately or refrigerate until ready to serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 8 g

Protein: 6 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	10 g	18.18%	20%
Fibers	4 g	10.53%	16%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	8 g	28.57%	32%
Cholesterol	15 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	4 mcg	7.27%	7.27%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Lunch Snack

Healthy For

Liver disease

Difficulty Level

Easy

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