



Asian Snap Pea Salad with Sesame-Orange Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



91 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 1 teaspoon brown sugar
- ☐ 2 teaspoons canola oil
- ☐ 0.8 cup carrots thinly sliced
- ☐ 1 teaspoon chile sauce hot (such as Sriracha)
- ☐ 1.5 teaspoons sesame oil dark
- ☐ 0.5 cup diagonally cut green onions

- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoons soya sauce low-sodium
- ☐ 1 large cranberry-orange relish
- ☐ 1.5 cups bell pepper red thinly sliced
- ☐ 1 tablespoon rice vinegar
- ☐ 1 teaspoon sesame seed toasted
- ☐ 12 ounces sugar snap peas trimmed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ To prepare dressing, grate 1 teaspoon rind; squeeze 1/3 cup juice from orange over a bowl. Set rind aside.
- ☐ Combine juice, vinegar, and next 4 ingredients (through chile sauce) in a small bowl; stir with a whisk.
- ☐ To prepare salad, heat 2 teaspoons canola oil in a large nonstick skillet over medium-high heat.
- ☐ Add bell pepper and carrot to pan; saut 1 minute, stirring occasionally.
- ☐ Add reserved orange rind, sugar snap peas, and salt to pan; saut 2 minutes, stirring occasionally.
- ☐ Transfer pea mixture to a large bowl; cool 5 minutes. Stir in green onions and spinach.
- ☐ Pour dressing over salad; toss gently to coat.
- ☐ Sprinkle with sesame seeds.
- ☐ Serve immediately.

Nutrition Facts



 **PROTEIN 14.56%**  **FAT 26.91%**  **CARBS 58.53%**

Properties

Glycemic Index:45.06, Glycemic Load:2.47, Inflammation Score:-10, Nutrition Score:21.714782507523%

Flavonoids

Hesperetin: 8.36mg, Hesperetin: 8.36mg, Hesperetin: 8.36mg, Hesperetin: 8.36mg Naringenin: 4.7mg, Naringenin: 4.7mg, Naringenin: 4.7mg, Naringenin: 4.7mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 91.13kcal (4.56%), Fat: 2.93g (4.51%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 9.97g (3.63%), Sugar: 8.57g (9.53%), Cholesterol: 0mg (0%), Sodium: 333.54mg (14.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.13%), Vitamin K: 173.38µg (165.12%), Vitamin A: 7266.02IU (145.32%), Vitamin C: 108.49mg (131.5%), Folate: 114.58µg (28.65%), Manganese: 0.5mg (24.8%), Fiber: 4.37g (17.46%), Vitamin B6: 0.31mg (15.28%), Potassium: 488.3mg (13.95%), Iron: 2.39mg (13.27%), Magnesium: 49.54mg (12.38%), Vitamin E: 1.85mg (12.31%), Vitamin B1: 0.17mg (11.49%), Vitamin B2: 0.16mg (9.63%), Calcium: 83.18mg (8.32%), Phosphorus: 71.6mg (7.16%), Vitamin B5: 0.69mg (6.95%), Copper: 0.13mg (6.55%), Vitamin B3: 1.23mg (6.16%), Zinc: 0.53mg (3.53%), Selenium: 1.08µg (1.55%)