



Asian Spiced Sugar Snap Pea Salad with Lemon



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



48 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon chile sauce hot (such as sriracha)
- ☐ 1 pinch standard chile powder to taste
- ☐ 1 pinch sea salt to taste
- ☐ 1 teaspoon brown sugar dark
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 optional: lemon cut into 8 wedges
- ☐ 2 teaspoon soya sauce low sodium

- ☐ 1 tablespoon rice vinegar
- ☐ 8 ounce sugar snap peas thinly sliced

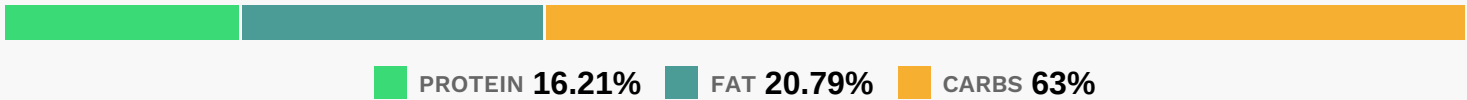
Equipment

- ☐ bowl

Directions

- ☐ In a small jar mix the rice vinegar, soy sauce, dark sesame oil, brown sugar and hot chile sauce. Put on the lid and shake well.
- ☐ Place the sliced peas in a serving bowl, pour the dressing over them. Toss well. Season with salt and shichimi-togarashi, to taste.
- ☐ Serve with lemon wedges on the side for squeezing.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:7.0613044370776%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 47.95kcal (2.4%), Fat: 1.21g (1.85%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 5.91g (2.15%), Sugar: 4.15g (4.61%), Cholesterol: 0mg (0%), Sodium: 164.68mg (7.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Vitamin C: 48.33mg (58.58%), Vitamin K: 14.34µg (13.65%), Vitamin A: 629.67IU (12.59%), Fiber: 2.31g (9.23%), Manganese: 0.16mg (8.02%), Iron: 1.39mg (7.71%), Folate: 27.9µg (6.98%), Vitamin B1: 0.1mg (6.46%), Vitamin B6: 0.12mg (5.86%), Vitamin B5: 0.49mg (4.86%), Potassium: 161.36mg (4.61%), Magnesium: 17.66mg (4.42%), Phosphorus: 38.8mg (3.88%), Vitamin B2: 0.06mg (3.35%), Calcium: 33.31mg (3.33%), Copper: 0.06mg (2.85%), Vitamin B3: 0.4mg (2%), Vitamin E: 0.3mg (1.97%), Zinc: 0.19mg (1.27%)