



Asian Summer Salad



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



224 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 0.8 cup carrots peeled cut into 2-inch strips
- ☐ 0.1 teaspoon ground pepper
- ☐ 0.8 pound deli turkey cut into 2-inch-long strips
- ☐ 0.1 tablespoon ginger fresh grated
- ☐ 1 clove garlic chopped
- ☐ 0.3 cup spring onion sliced
- ☐ 3 tablespoons soy sauce reduced-sodium

- ☐ 8 servings cilantro leaves fresh chopped
- ☐ 0.8 cup bell pepper red chopped
- ☐ 3 tablespoon rice vinegar
- ☐ 8 oz pasta like spaghetti uncooked thin
- ☐ 2 teaspoons sugar
- ☐ 0.8 cup zucchini cut into 2-inch strips

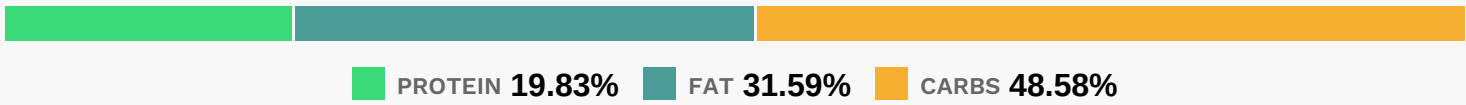
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook pasta according to package directions; drain and rinse with cold water. In a large bowl, combine all ingredients except Ginger Dressing and garnish. In a separate bowl, whisk together all ingredients for Ginger Dressing.
- ☐ Pour over salad; toss. Refrigerate one hour; garnish as desired.

Nutrition Facts



Properties

Glycemic Index:49.62, Glycemic Load:9.91, Inflammation Score:-9, Nutrition Score:10.500869439996%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 223.76kcal (11.19%), Fat: 7.87g (12.11%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 25.42g (9.24%), Sugar: 4.06g (4.51%), Cholesterol: 13.61mg (4.54%), Sodium: 735.29mg (31.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.12g (22.23%), Vitamin A: 2526.66IU (50.53%), Vitamin C: 21.63mg (26.21%), Selenium: 18.11µg (25.88%), Manganese: 0.36mg (17.82%), Phosphorus: 176.98mg (17.7%), Vitamin K: 16.75µg (15.96%), Vitamin E: 1.63mg (10.87%), Copper: 0.21mg (10.54%), Magnesium: 36.96mg (9.24%),

Potassium: 284.48mg (8.13%), Fiber: 1.82g (7.3%), Vitamin B6: 0.13mg (6.71%), Iron: 1.14mg (6.31%), Zinc: 0.94mg (6.24%), Folate: 22.02µg (5.51%), Vitamin B3: 0.89mg (4.43%), Vitamin B2: 0.07mg (3.86%), Vitamin B1: 0.05mg (3.46%), Vitamin B5: 0.25mg (2.48%), Calcium: 23.41mg (2.34%)