



WHATSHEATE



HEALTH SCORE

52%

Carrot & sugar snap salad



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



51 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 tbsp hoisin sauce



0.5 juice of lime



4 servings ginger fresh grated peeled



200 g sugar snap peas thinly sliced



3 carrots grated



0.5 small bunch cilantro leaves roughly chopped

Equipment



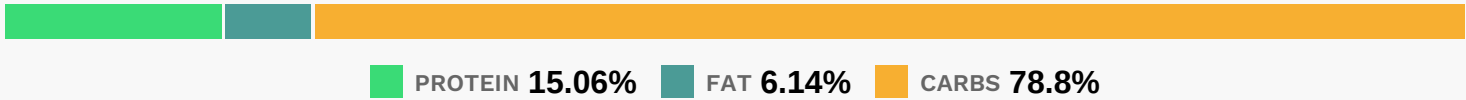
bowl

whisk

Directions

- Make the dressing by whisking the hoisin, lime juice and ginger with 2 tbsp cold water.
- In a large bowl, mix the sugar snap peas, carrots and coriander.
- Pour over the dressing and mix to coat.

Nutrition Facts



Properties

Glycemic Index:23.46, Glycemic Load:1.5, Inflammation Score:-10, Nutrition Score:11.222608776196%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 51.33kcal (2.57%), Fat: 0.37g (0.57%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 10.63g (3.54%), Net Carbohydrates: 7.85g (2.86%), Sugar: 5.37g (5.96%), Cholesterol: 0.12mg (0.04%), Sodium: 99.16mg (4.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Vitamin A: 8256.09IU (165.12%), Vitamin C: 34.21mg (41.47%), Vitamin K: 21.68µg (20.65%), Fiber: 2.78g (11.1%), Manganese: 0.21mg (10.35%), Folate: 31.83µg (7.96%), Potassium: 269.06mg (7.69%), Vitamin B6: 0.15mg (7.59%), Vitamin B1: 0.11mg (7.16%), Iron: 1.25mg (6.95%), Vitamin B5: 0.52mg (5.17%), Magnesium: 19.87mg (4.97%), Vitamin B2: 0.08mg (4.59%), Phosphorus: 45.72mg (4.57%), Vitamin B3: 0.83mg (4.14%), Calcium: 39.39mg (3.94%), Copper: 0.07mg (3.65%), Vitamin E: 0.55mg (3.64%), Zinc: 0.27mg (1.82%)