



Chopped Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



206 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 oz pea-mond dressing frozen thawed (not)
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon ground pepper
- ☐ 3 tablespoons apple cider vinegar
- ☐ 1 lb edamame frozen shelled thawed (not)
- ☐ 1 medium fennel bulb (sometimes labeled "anise")
- ☐ 2.8 cups ears corn fresh (from 4 ears)
- ☐ 2 tablespoons optional: dill fresh finely chopped

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon mustard coarse-grain
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons salt
- ☐ 0.5 cup spring onion finely chopped (4)
- ☐ 1 lb zucchini trimmed

Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Bring 3 quarts water to a boil in a 5- to 6-quart pot, then cook black-eyed peas, partially covered, until tender, about 20 minutes.
- ☐ While peas are cooking, cut zucchini and fennel into 1/4-inch dice.
- ☐ Whisk together scallions, dill, vinegar, lemon juice, mustard, pepper, cayenne, and 1 1/2 teaspoons salt in a large bowl.
- ☐ Add oil in a slow stream, whisking until emulsified.
- ☐ Add zucchini and fennel to dressing.
- ☐ When peas are tender, transfer with a slotted spoon to a sieve set over a large bowl, reserving cooking water in pot, and cool peas slightly, then add to salad.
- ☐ Return water to a boil and add remaining 1 1/2 tablespoons salt, then cook corn and edamame, uncovered, until tender, 6 to 7 minutes.
- ☐ Transfer to sieve to cool slightly, then add to salad and stir to combine. Cool salad completely and serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:28.4, Glycemic Load:2.36, Inflammation Score:-5, Nutrition Score:10.630869575169%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 205.68kcal (10.28%), Fat: 9.68g (14.9%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 23.41g (7.8%), Net Carbohydrates: 17.5g (6.36%), Sugar: 6.95g (7.72%), Cholesterol: 0mg (0%), Sodium: 1436mg (62.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.63%), Vitamin K: 32.2µg (30.66%), Folate: 97.07µg (24.27%), Fiber: 5.91g (23.66%), Vitamin C: 16mg (19.4%), Manganese: 0.37mg (18.49%), Potassium: 633.19mg (18.09%), Iron: 2.67mg (14.81%), Phosphorus: 113.22mg (11.32%), Magnesium: 44.45mg (11.11%), Vitamin B1: 0.15mg (9.91%), Vitamin E: 1.4mg (9.35%), Vitamin B6: 0.16mg (7.94%), Copper: 0.15mg (7.3%), Calcium: 70.45mg (7.04%), Vitamin B3: 1.25mg (6.24%), Vitamin A: 300.32IU (6.01%), Vitamin B5: 0.56mg (5.63%), Vitamin B2: 0.09mg (5.55%), Zinc: 0.78mg (5.21%), Selenium: 1.77µg (2.52%)