



Crunchy Pea Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



99 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 cups cucumber diced
- ☐ 0.3 cup green onions thinly sliced
- ☐ 2.3 cups peas green shelled
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup radishes thinly sliced
- ☐ 2 tablespoons rice vinegar

☐ 0.3 teaspoon salt

Equipment

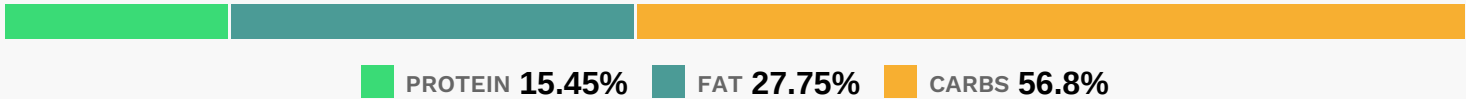
☐ bowl

☐ whisk

Directions

- ☐ Steam peas, covered, 6 minutes or until tender. Rinse under cold water; drain well.
- ☐ Combine peas, diced cucumber, radishes, and green onions in a bowl.
- ☐ Combine vinegar and remaining ingredients in a small bowl; stir with a whisk.
- ☐ Pour over vegetable mixture; toss well.

Nutrition Facts



Properties

Glycemic Index:51.52, Glycemic Load:4.56, Inflammation Score:-6, Nutrition Score:9.173043416894%

Flavonoids

Pelargonidin: 7.32mg, Pelargonidin: 7.32mg, Pelargonidin: 7.32mg, Pelargonidin: 7.32mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epicatechin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 99.47kcal (4.97%), Fat: 3.14g (4.83%), Saturated Fat: 0.45g (2.78%), Carbohydrates: 14.47g (4.82%), Net Carbohydrates: 10.14g (3.69%), Sugar: 7.94g (8.83%), Cholesterol: 0mg (0%), Sodium: 125.92mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.87%), Vitamin C: 29.84mg (36.17%), Vitamin K: 31.09µg (29.61%), Fiber: 4.33g (17.31%), Manganese: 0.34mg (17.02%), Folate: 53.29µg (13.32%), Vitamin B1: 0.19mg (12.55%), Vitamin A: 574.86IU (11.5%), Phosphorus: 82.36mg (8.24%), Copper: 0.15mg (7.65%), Vitamin B3: 1.44mg (7.2%), Potassium: 250.28mg (7.15%), Magnesium: 28.18mg (7.04%), Vitamin B6: 0.14mg (7.01%), Iron: 1.2mg (6.67%), Zinc: 0.93mg (6.2%), Vitamin B2: 0.1mg (6.17%), Vitamin E: 0.53mg (3.52%), Calcium: 29.09mg (2.91%), Selenium: 1.38µg (1.98%), Vitamin B5: 0.18mg (1.76%)