



Crunchy Pea Salad with Miso Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



18 min.

SERVINGS



12

CALORIES



72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 2 cups matchstick-cut carrots
- ☐ 2 tablespoons bottled ginger minced
- ☐ 1 cup cucumber diced seeded (1 small)
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 garlic clove minced
- ☐ 0.5 cup green onions sliced (4)
- ☐ 1.5 teaspoons juice of lemon fresh

- ☐ 16 ounce peas green frozen thawed
- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 0.3 cup water
- ☐ 1.5 tablespoons grape juice sweet (rice wine)
- ☐ 2 tablespoons miso light yellow

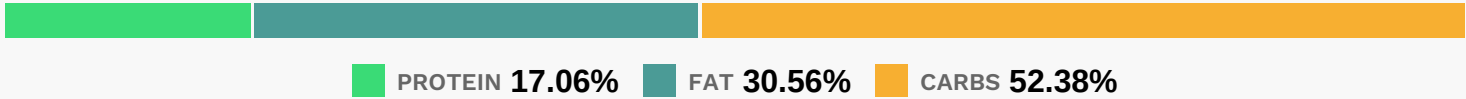
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 8 ingredients in a small bowl, stirring with a whisk until blended.
- ☐ Combine peas and next 4 ingredients in a medium bowl.
- ☐ Add dressing, and toss gently.

Nutrition Facts



Properties

Glycemic Index:21.44, Glycemic Load:1.99, Inflammation Score:-9, Nutrition Score:9.3430436813961%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Malvidin: 0.21mg, Malvidin: 0.21mg, Malvidin: 0.21mg, Malvidin: 0.21mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 71.87kcal (3.59%), Fat: 2.52g (3.88%), Saturated Fat: 0.31g (1.92%), Carbohydrates: 9.72g (3.24%), Net Carbohydrates: 6.31g (2.3%), Sugar: 3.99g (4.44%), Cholesterol: 0mg (0%), Sodium: 125.89mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.33%), Vitamin A: 3283.25IU (65.66%), Vitamin C: 17.26mg (20.92%), Vitamin K: 21.81µg (20.77%), Manganese: 0.29mg (14.3%), Fiber: 3.41g (13.65%), Folate: 36.34µg (9.08%), Vitamin B1: 0.12mg (8.06%), Copper: 0.14mg (6.93%), Phosphorus: 66.04mg (6.6%), Magnesium: 24.74mg (6.19%), Potassium: 203.36mg (5.81%), Iron: 1mg (5.55%), Vitamin B6: 0.11mg (5.54%), Vitamin B2: 0.09mg (5.51%), Vitamin B3: 1.05mg (5.27%), Zinc: 0.69mg (4.57%), Vitamin E: 0.59mg (3.94%), Calcium: 29mg (2.9%), Vitamin B5: 0.18mg (1.81%), Selenium: 1.25µg (1.79%)