



Cucumber-and-Sugar Snap Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



61 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup celery stalks diced
- ☐ 1 cup edamame green frozen shelled thawed fully cooked (soybeans)
- ☐ 1 ounce feta cheese crumbled
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup greek yogurt

- ☐ 0.5 teaspoon kosher salt
- ☐ 6 radishes cut into thin strips (1/3 cup)
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.3 cup cream sour
- ☐ 1 cup sugar snap peas fresh cut into 1/4-inch pieces

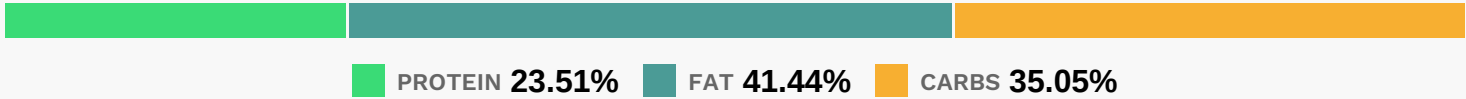
Equipment

- ☐ bowl

Directions

- ☐ Stir together first 7 ingredients in a small bowl; stir in feta cheese.
- ☐ Toss together edamame and next 5 ingredients in a large bowl. Stir yogurt mixture into vegetable mixture.
- ☐ Serve immediately, or cover and chill up to 4 hours.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:3.6273913033631%

Flavonoids

Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg 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: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 61.1kcal (3.05%), Fat: 2.87g (4.41%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 3.92g (1.42%), Sugar: 1.88g (2.09%), Cholesterol: 7.71mg (2.57%), Sodium: 202.69mg (8.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.33%), Vitamin C: 9.18mg (11.12%), Vitamin K: 7.2µg

(6.86%), Calcium: 63.6mg (6.36%), Fiber: 1.54g (6.17%), Vitamin A: 307.81IU (6.16%), Potassium: 185.79mg (5.31%), Iron: 0.92mg (5.11%), Vitamin B2: 0.08mg (4.89%), Manganese: 0.09mg (4.58%), Phosphorus: 39.19mg (3.92%), Folate: 14.93µg (3.73%), Vitamin B6: 0.07mg (3.29%), Selenium: 1.66µg (2.36%), Vitamin B1: 0.03mg (2.26%), Vitamin B5: 0.22mg (2.22%), Magnesium: 8.55mg (2.14%), Vitamin B12: 0.12µg (1.98%), Zinc: 0.25mg (1.64%), Copper: 0.03mg (1.41%), Vitamin B3: 0.21mg (1.04%)