



Edamame and Caramelized Onion Salad

 Vegetarian  Gluten Free

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

272 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon agave nectar
- ☐ 2 tablespoons butter
- ☐ 2 cups cherry tomatoes quartered
- ☐ 1 pound edamame frozen shelled thawed
- ☐ 3 tablespoons cilantro leaves fresh finely chopped
- ☐ 10 ounces greek yogurt drained
- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 1 tablespoon juice of lime

- ☐ 1 small onion diced
- ☐ 2 teaspoons shallots minced
- ☐ 1 cup snow peas finely julienned cleaned

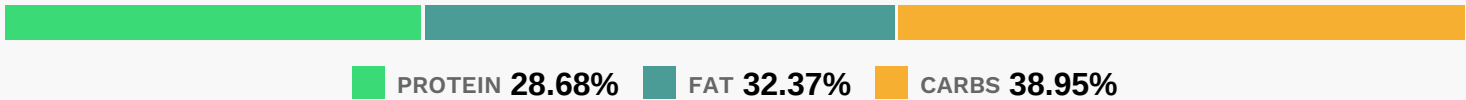
Equipment

- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ For the caramelized onions: In a medium pot, add the butter and set over medium-high heat.
- ☐ Add the onions and sprinkle with salt, stirring once to coat, and reduce the heat to medium-low. Allow to slowly caramelize, until dark golden brown and the edges are crisped, 12 to 15 minutes, stirring only a few times during the process. Season and remove from the heat. Set aside.
- ☐ Mix the yogurt with the cilantro, lime juice, shallots and agave nectar. Season with salt and pepper. Refrigerate until ready for use.
- ☐ Combine the edamame, snow peas and tomatoes in a large mixing bowl.
- ☐ Add the dressing and the caramelized onions and toss thoroughly coat. Season with salt and pepper.
- ☐ To serve, spoon the salad into a serving dish.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.69, Inflammation Score:-7, Nutrition Score:11.661739193875%

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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin:

0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 271.51kcal (13.58%), Fat: 9.89g (15.22%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 20.67g (7.52%), Sugar: 10.81g (12.01%), Cholesterol: 18.59mg (6.2%), Sodium: 274.62mg (11.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.72g (39.45%), Vitamin C: 34.69mg (42.05%), Potassium: 859.82mg (24.57%), Fiber: 6.11g (24.44%), Iron: 4.19mg (23.28%), Calcium: 197.82mg (19.78%), Vitamin A: 830.89IU (16.62%), Vitamin B2: 0.25mg (14.57%), Phosphorus: 138.28mg (13.83%), Selenium: 7.78µg (11.11%), Vitamin K: 10.29µg (9.8%), Vitamin B6: 0.18mg (8.79%), Manganese: 0.17mg (8.62%), Vitamin B12: 0.51µg (8.47%), Folate: 30.12µg (7.53%), Vitamin B1: 0.09mg (6.16%), Magnesium: 22.89mg (5.72%), Vitamin B5: 0.55mg (5.53%), Copper: 0.1mg (4.85%), Vitamin E: 0.73mg (4.84%), Zinc: 0.59mg (3.94%), Vitamin B3: 0.74mg (3.72%)