



## Edamame and Corn Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



7 min.

SERVINGS



4

CALORIES



152 kcal

SIDE DISH

### Ingredients

- 1 teaspoon brown sugar
- 1 cup whole-kernel corn frozen thawed drained
- 10 ounce edamame refrigerated green shelled ( soybeans)
- 1 tablespoon cilantro leaves fresh chopped
- 1 teaspoon ginger fresh minced peeled
- 1 tablespoon olive oil
- 0.1 teaspoon salt
- 0.3 cup seasoned rice vinegar

2 tablespoons water

## Equipment

bowl

whisk

## Directions

Combine first 6 ingredients in a medium bowl, stirring well with a whisk.

Add edamame, corn, and cilantro; toss gently to coat.

## Nutrition Facts



## Properties

Glycemic Index:24.25, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.0686956903209%

## Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 151.7kcal (7.58%), Fat: 6.37g (9.8%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 16.52g (5.51%), Net Carbohydrates: 12.81g (4.66%), Sugar: 4.72g (5.24%), Cholesterol: 0mg (0%), Sodium: 157.88mg (6.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.66g (15.31%), Fiber: 3.7g (14.81%), Iron: 2.06mg (11.45%), Potassium: 378.3mg (10.81%), Calcium: 61.89mg (6.19%), Folate: 15.3µg (3.82%), Vitamin E: 0.54mg (3.63%), Manganese: 0.06mg (2.9%), Vitamin K: 2.42µg (2.3%), Vitamin B2: 0.04mg (2.17%), Vitamin B3: 0.42mg (2.08%), Phosphorus: 19.76mg (1.98%), Vitamin B5: 0.15mg (1.48%), Magnesium: 5.9mg (1.47%), Vitamin B1: 0.02mg (1.02%)