



Edamame and Roasted Red Pepper Salad

 Vegetarian  Vegan  Dairy Free

READY IN



8 min.

SERVINGS



4

CALORIES



130 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 ounce ready-to-eat edamame refrigerated shelled (such as Marjon)
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon ginger fresh minced peeled
- 1 cup bottled roasted bell peppers red chopped
- 2 tablespoons sesame ginger dressing (such as Newman's Own)

Equipment

- bowl

Directions

Combine all ingredients in a medium bowl, toss to coat.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:4.2234782336847%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 129.57kcal (6.48%), Fat: 6.11g (9.39%), Saturated Fat: 0.52g (3.22%), Carbohydrates: 11.98g (3.99%), Net Carbohydrates: 8.54g (3.11%), Sugar: 2.62g (2.91%), Cholesterol: 0mg (0%), Sodium: 559.84mg (24.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.57%), Vitamin C: 16.63mg (20.16%), Fiber: 3.43g (13.73%), Iron: 2.27mg (12.61%), Potassium: 396.02mg (11.31%), Calcium: 75.24mg (7.52%), Vitamin K: 7.58µg (7.22%), Vitamin A: 252.36IU (5.05%), Vitamin B6: 0.07mg (3.33%), Manganese: 0.06mg (3.21%), Vitamin E: 0.43mg (2.86%), Copper: 0.05mg (2.59%), Folate: 6.41µg (1.6%), Magnesium: 4.86mg (1.22%), Phosphorus: 11.03mg (1.1%), Vitamin B3: 0.22mg (1.08%)