



Edamame Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



123 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounce edamame refrigerated shelled fully-cooked
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 large navel oranges peeled cut into sections
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 2 teaspoons orange juice fresh
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup onion red minced
- ☐ 0.5 teaspoon salt

- ☐ 1 teaspoon seasoned rice vinegar
- ☐ 1 teaspoon sugar

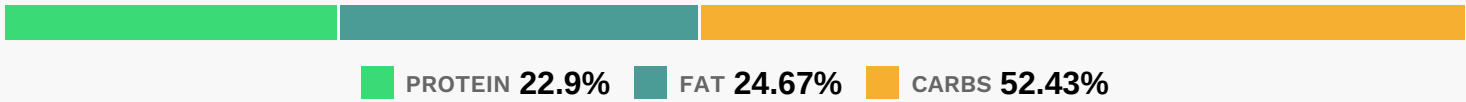
Equipment

- ☐ bowl

Directions

- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Combine sugar, orange juice, and next 4 ingredients.
- ☐ Pour over edamame mixture; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:57.77, Glycemic Load:1.11, Inflammation Score:-3, Nutrition Score:4.3539130665038%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 8.2mg, Hesperetin: 8.2mg, Hesperetin: 8.2mg, Hesperetin: 8.2mg Naringenin: 2.56mg, Naringenin: 2.56mg, Naringenin: 2.56mg, Naringenin: 2.56mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 123.03kcal (6.15%), Fat: 3.46g (5.32%), Saturated Fat: 0.15g (0.96%), Carbohydrates: 16.52g (5.51%), Net Carbohydrates: 12.58g (4.57%), Sugar: 6.61g (7.34%), Cholesterol: 0mg (0%), Sodium: 291.94mg (12.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.44%), Vitamin C: 23.57mg (28.57%), Fiber: 3.95g (15.8%), Potassium: 408.48mg (11.67%), Iron: 2.07mg (11.51%), Calcium: 80.02mg (8%), Folate: 16.3µg (4.07%), Vitamin A: 147.43IU (2.95%), Manganese: 0.06mg (2.78%), Vitamin B1: 0.03mg (2.18%), Vitamin B6: 0.04mg (2.15%), Magnesium: 6.47mg (1.62%), Vitamin B2: 0.03mg (1.49%), Vitamin E: 0.2mg (1.34%), Phosphorus: 12.7mg (1.27%), Copper: 0.03mg (1.26%), Vitamin B5: 0.12mg (1.16%)