



Eddie's Mommy Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



57 min.

SERVINGS



8

CALORIES



151 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup daikon radish diced
- ☐ 1 pound edamame shelled
- ☐ 0.5 cup cucumber diced english
- ☐ 0.5 cup green onions sliced
- ☐ 1 tablespoon hot sauce recommended: Sriracha
- ☐ 0.5 cup jicama diced
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon pickled ginger minced

- ☐ 0.5 cup bell pepper diced red
- ☐ 0.3 cup rice vinegar
- ☐ 1 tablespoon shallots minced
- ☐ 0.3 cup soya sauce
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon wasabi powder

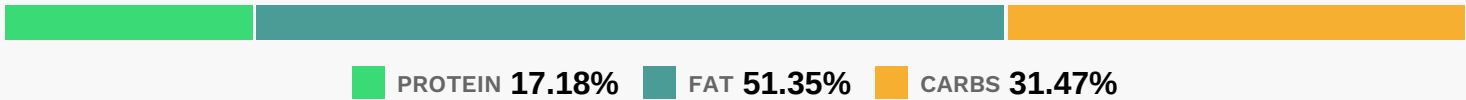
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ In a small glass bowl, combine all the dressing ingredients, whisking well with a fork to combine.
- ☐ Bring a large pot of water to a boil over medium heat and add the edamame. Blanch for 2 minutes.
- ☐ Drain and add to the bowl with the dressing.
- ☐ In a medium nonreactive bowl, combine the remaining vegetables and add the edamame and the dressing.
- ☐ Cover and refrigerate for at least 30 minutes, stirring occasionally.
- ☐ Transfer to a serving bowl and serve cold.

Nutrition Facts



Properties

Glycemic Index:36.39, Glycemic Load:1.16, Inflammation Score:-4, Nutrition Score:5.2995652582334%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 151.31kcal (7.57%), Fat: 8.74g (13.45%), Saturated Fat: 0.95g (5.94%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 8.66g (3.15%), Sugar: 3.78g (4.2%), Cholesterol: 0mg (0%), Sodium: 452.09mg (19.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.16%), Vitamin C: 18.18mg (22.04%), Vitamin K: 18.62µg (17.73%), Fiber: 3.39g (13.56%), Iron: 2.01mg (11.18%), Potassium: 364.47mg (10.41%), Vitamin E: 1.2mg (8%), Vitamin A: 365.32IU (7.31%), Calcium: 59.56mg (5.96%), Manganese: 0.09mg (4.25%), Folate: 13.89µg (3.47%), Vitamin B6: 0.07mg (3.32%), Magnesium: 9.91mg (2.48%), Vitamin B3: 0.47mg (2.36%), Phosphorus: 21.23mg (2.12%), Copper: 0.04mg (1.94%), Vitamin B2: 0.03mg (1.94%), Vitamin B1: 0.02mg (1.35%), Vitamin B5: 0.11mg (1.1%)