

## Herb & chilli salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



8 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients



2 to 2 chillies slit green



1 to 5 chillies red



1 large bunch flat parsley roughly chopped



1 small bunch basil roughly chopped



2 handfuls pea shoots good roughly chopped

### Equipment

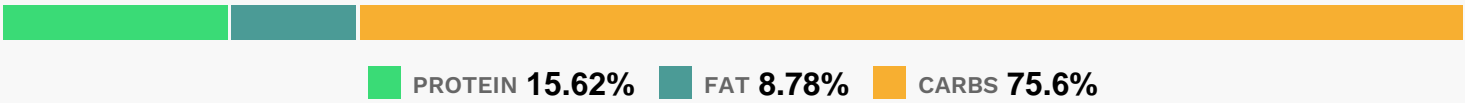


bowl

# Directions

- ☐ Halve the chillies lengthways, getting rid of as many of the seeds as you want (this is where the heat is), then finely shred. Put in a bowl and sprinkle with a little water. Stir in the chopped herbs and pea shoots, then let everyone help themselves. Dress with oil and lime juice, if you like.
- ☐ Serve with Slow-roast shoulder of pork (see 'Goes well with') and Spiced yogurt with cucumber (see below), with flatbreads and bowls of harissa.

## Nutrition Facts



## Properties

Glycemic Index:18.38, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:6.9665217433611%

## Flavonoids

Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 8.13kcal (0.41%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 1.72g (0.57%), Net Carbohydrates: 1.02g (0.37%), Sugar: 0.74g (0.82%), Cholesterol: 0mg (0%), Sodium: 42.05mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.71%), Vitamin K: 121.79µg (115.99%), Vitamin C: 19.26mg (23.35%), Vitamin A: 707.53IU (14.15%), Folate: 12.8µg (3.2%), Iron: 0.53mg (2.95%), Fiber: 0.71g (2.85%), Vitamin B6: 0.04mg (1.82%), Potassium: 60.53mg (1.73%), Manganese: 0.03mg (1.67%), Magnesium: 5.5mg (1.37%), Calcium: 12.39mg (1.24%), Copper: 0.02mg (1.09%)