



Lemony Sugar Snap Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



131 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons almonds toasted sliced
- 0.3 teaspoon pepper black freshly ground
- 6 cups torn butter lettuce
- 1 teaspoon dijon mustard
- 1 tablespoon parsley fresh chopped
- 3 tablespoons juice of lemon
- 2 tablespoons olive oil
- 0.3 teaspoon salt

- 1 tablespoon shallots minced
- 1 cup sugar snap peas sliced

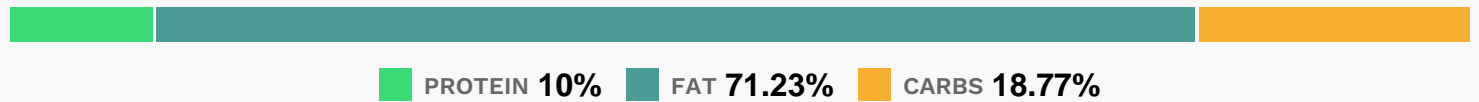
Equipment

- bowl
- whisk

Directions

- Combine first 7 ingredients in a large bowl; stir well with a whisk.
- Add lettuce, peas, and almonds; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.2, Inflammation Score:-9, Nutrition Score:14.669999962268%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 131.06kcal (6.55%), Fat: 11.04g (16.98%), Saturated Fat: 1.29g (8.08%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 3.92g (1.42%), Sugar: 2.52g (2.8%), Cholesterol: 0mg (0%), Sodium: 165.04mg (7.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.97%), Vitamin K: 103.71µg (98.77%), Vitamin A: 2836.98IU (56.74%), Vitamin C: 23.36mg (28.32%), Vitamin E: 3.19mg (21.26%), Manganese: 0.4mg (19.86%), Folate: 73.07µg (18.27%), Fiber: 2.63g (10.53%), Iron: 1.89mg (10.51%), Magnesium: 38.4mg (9.6%), Vitamin B2: 0.16mg (9.17%), Potassium: 311.59mg (8.9%), Phosphorus: 78.34mg (7.83%), Vitamin B1: 0.1mg (6.83%), Vitamin B6: 0.13mg (6.35%), Calcium:

61.44mg (6.14%), Copper: 0.12mg (5.84%), Vitamin B5: 0.36mg (3.63%), Vitamin B3: 0.72mg (3.62%), Zinc: 0.49mg (3.24%), Selenium: 1.4µg (2%)