



WHATSheATE



Oriental Edamame Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



272 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 15 ounce baby corns drained cut into bite-size pieces canned
- ☐ 8 ounce water chestnuts drained sliced into thin strips canned
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 32 ounce edamame green shelled (soybeans)
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon ginger freshly grated
- ☐ 3 green onions

- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 bunch radishes halved thinly sliced
- ☐ 1 tablespoon rice wine vinegar
- ☐ 2 tablespoons sesame oil
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon sugar white

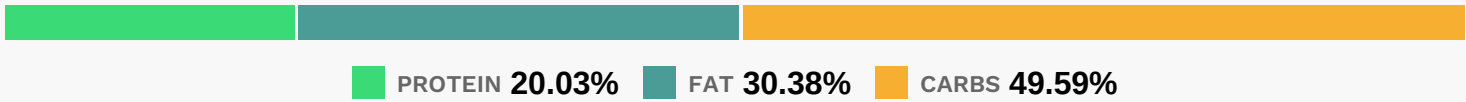
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a small skillet over medium-low heat; cook almonds until lightly toasted and fragrant, 2 to 3 minutes.
- ☐ Whisk sesame oil, soy sauce, vinegar, sugar, garlic, and ginger together in a bowl for the dressing; season with salt and black pepper.
- ☐ Combine edamame, baby corn, water chestnuts, radishes, green onions, cilantro, and toasted almonds in a large bowl; toss with dressing until coated.
- ☐ Serve cold or at room temperature.

Nutrition Facts



Properties

Glycemic Index:46.7, Glycemic Load:6.78, Inflammation Score:-4, Nutrition Score:8.2752173931702%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Pelargonidin: 3.95mg, Pelargonidin: 3.95mg, Pelargonidin: 3.95mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 271.5kcal (13.58%), Fat: 9.58g (14.74%), Saturated Fat: 0.72g (4.53%), Carbohydrates: 35.18g (11.73%), Net Carbohydrates: 27.53g (10.01%), Sugar: 8.5g (9.44%), Cholesterol: 0mg (0%), Sodium: 258.94mg (11.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.21g (28.42%), Fiber: 7.64g (30.58%), Iron: 4.02mg (22.34%), Potassium: 744.99mg (21.29%), Manganese: 0.26mg (13.15%), Vitamin K: 11.9µg (11.33%), Calcium: 112.5mg (11.25%), Vitamin B6: 0.17mg (8.74%), Phosphorus: 73.7mg (7.37%), Vitamin E: 1.09mg (7.29%), Vitamin B3: 1.39mg (6.94%), Magnesium: 27.74mg (6.93%), Vitamin C: 5.64mg (6.83%), Copper: 0.12mg (5.9%), Folate: 21.66µg (5.41%), Vitamin B5: 0.54mg (5.37%), Vitamin B2: 0.09mg (5.23%), Vitamin B1: 0.07mg (4.53%), Vitamin A: 219.48IU (4.39%), Zinc: 0.65mg (4.36%), Selenium: 0.77µg (1.1%)