



Pea, Jicama, and Cashew Salad

 Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



312 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 servings pepper black to taste
- ☐ 1 cup cashew pieces
- ☐ 3 stalks celery diced
- ☐ 1 clove garlic minced
- ☐ 3 green onions chopped
- ☐ 1 teaspoon ground ginger
- ☐ 1 jicama diced peeled
- ☐ 0.3 cup soya sauce reduced-sodium

- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 20 ounce peas frozen thawed
- ☐ 6 ounce ramen noodles broken into pieces for another use (flavor packets saved)
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 0.5 cup rice vinegar
- ☐ 3 tablespoons sesame oil toasted
- ☐ 16 ounce water chestnuts diced drained canned

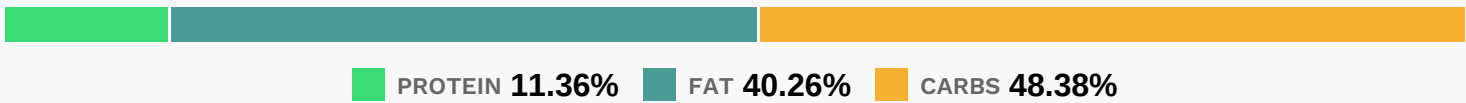
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Toast the dry ramen noodles in a skillet over medium heat until golden brown, stirring frequently, about 10 minutes.
- ☐ Spread the noodles into a large mixing bowl to cool; set aside. Make the dressing by whisking the vinegar, soy sauce, garlic, ginger, red pepper flakes, and black pepper together in a small bowl.
- ☐ Whisk in the peanut oil and sesame oil until blended and thick.
- ☐ Combine the peas, jiciama, water chestnuts, celery, green onions, and cashews in the bowl containing the toasted noodles.
- ☐ Pour the dressing overtop, and toss to mix immediately prior to serving.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:8.48, Inflammation Score:-7, Nutrition Score:17.221739268821%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 311.62kcal (15.58%), Fat: 14.31g (22.01%), Saturated Fat: 3.2g (20.02%), Carbohydrates: 38.68g (12.89%), Net Carbohydrates: 29.23g (10.63%), Sugar: 7.47g (8.3%), Cholesterol: 0mg (0%), Sodium: 599.66mg (26.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.09g (18.17%), Vitamin C: 38.16mg (46.25%), Manganese: 0.78mg (39.07%), Fiber: 9.45g (37.82%), Vitamin K: 31.54µg (30.03%), Vitamin B1: 0.41mg (27.29%), Copper: 0.53mg (26.48%), Folate: 80.79µg (20.2%), Iron: 3.62mg (20.11%), Phosphorus: 199.85mg (19.99%), Magnesium: 79.14mg (19.79%), Vitamin B6: 0.33mg (16.61%), Potassium: 506.22mg (14.46%), Zinc: 2.06mg (13.75%), Vitamin B3: 2.56mg (12.81%), Vitamin B2: 0.19mg (11.12%), Vitamin A: 554.86IU (11.1%), Vitamin E: 1.48mg (9.87%), Selenium: 6.58µg (9.4%), Vitamin B5: 0.46mg (4.64%), Calcium: 45.96mg (4.6%)