



## Pea & radish salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



110 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 shallots very thinly sliced
- 50 g peas frozen
- 2 tbsp sherry vinegar
- 1 tbsp olive oil
- 1 tsp sugar to taste
- 2 handfuls salad leaves
- 6 radishes very thinly sliced

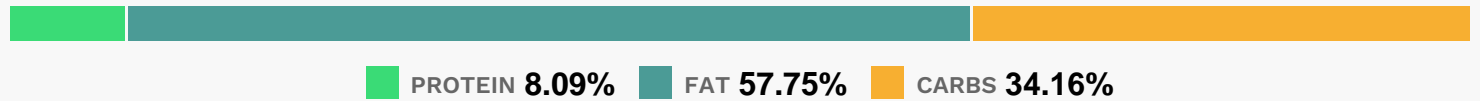
## Equipment

bowl

## Directions

- Put the shallot and peas in a bowl.
- Pour over a kettle of boiling water, then drain.
- Mix the vinegar, oil and sugar to taste, then season generously. When you're ready to eat, toss the shallot, peas, leaves, radishes and dressing together.

## Nutrition Facts



## Properties

Glycemic Index:88.21, Glycemic Load:3.01, Inflammation Score:-6, Nutrition Score:5.97086945824%

## Flavonoids

Pelargonidin: 7.58mg, Pelargonidin: 7.58mg, Pelargonidin: 7.58mg, Pelargonidin: 7.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg

## Nutrients (% of daily need)

Calories: 110.37kcal (5.52%), Fat: 7.16g (11.01%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 7.51g (2.73%), Sugar: 4.72g (5.24%), Cholesterol: 0mg (0%), Sodium: 19.18mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.51%), Vitamin C: 22.13mg (26.82%), Vitamin A: 646.99IU (12.94%), Manganese: 0.21mg (10.65%), Vitamin K: 10.67µg (10.16%), Folate: 38.3µg (9.57%), Fiber: 2.02g (8.07%), Vitamin E: 1.05mg (6.97%), Vitamin B6: 0.13mg (6.29%), Potassium: 205.43mg (5.87%), Vitamin B1: 0.09mg (5.83%), Phosphorus: 53.69mg (5.37%), Iron: 0.92mg (5.1%), Magnesium: 17.07mg (4.27%), Copper: 0.08mg (4.13%), Vitamin B3: 0.8mg (3.99%), Vitamin B2: 0.06mg (3.56%), Zinc: 0.48mg (3.22%), Calcium: 20.06mg (2.01%), Vitamin B5: 0.13mg (1.3%), Selenium: 0.84µg (1.21%)