



Pea Shoot Salad with Radishes and Pickled Onion

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



123 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 cup cider vinegar
- 2 tablespoons olive oil extra-virgin
- 0.8 cup thinly onion red vertically sliced
- 6 cups pea shoots
- 1 cup peas fresh english shelled
- 10 radishes thinly sliced

- 0.3 teaspoon salt
- 1 teaspoon salt
- 0.5 teaspoon sugar
- 0.5 cup water
- 1.5 tablespoons citrus champagne vinegar

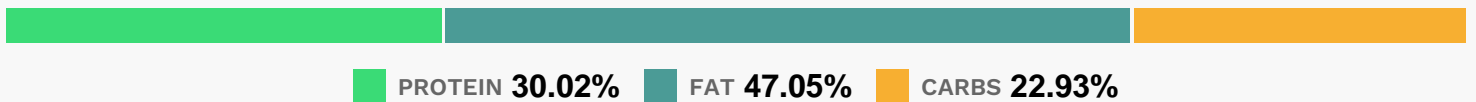
Equipment

- bowl

Directions

- Combine cider vinegar, 1/2 cup water, and teaspoon sugar, stirring until sugar dissolves.
- Add onion; let stand 30 minutes.
- Drain. Cook English peas in boiling water with 1 teaspoon salt for 2 minutes.
- Drain; rinse peas with cold water.
- Combine onion, peas, pea shoots, and sliced radishes in a large bowl.
- Combine olive oil, white wine vinegar, 1/4 teaspoon salt, and pepper.
- Drizzle oil mixture over pea mixture; toss gently.

Nutrition Facts



Properties

Glycemic Index:40.9, Glycemic Load:1.77, Inflammation Score:-8, Nutrition Score:9.4043477566346%

Flavonoids

Pelargonidin: 4.21mg, Pelargonidin: 4.21mg, Pelargonidin: 4.21mg, Pelargonidin: 4.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 123.05kcal (6.15%), Fat: 6.21g (9.56%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 4.5g (1.63%), Sugar: 3.31g (3.68%), Cholesterol: 0mg (0%), Sodium: 539.79mg (23.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.92g (17.84%), Vitamin C: 175.4mg (212.6%), Fiber: 6.58g (26.31%), Vitamin A: 1149.11IU (22.98%), Manganese: 0.24mg (12.11%), Vitamin K: 9.11µg (8.67%), Folate: 21.19µg (5.3%), Vitamin B1: 0.07mg (4.96%), Vitamin E: 0.71mg (4.72%), Potassium: 135.5mg (3.87%), Phosphorus: 36.85mg (3.69%), Vitamin B6: 0.07mg (3.49%), Magnesium: 13.14mg (3.28%), Copper: 0.06mg (3.09%), Iron: 0.56mg (3.08%), Vitamin B3: 0.55mg (2.73%), Zinc: 0.37mg (2.49%), Vitamin B2: 0.04mg (2.36%), Calcium: 16.63mg (1.66%)