



## Pea Tendril Salad with a Warm Sesame and Red Chili Dressing



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



101 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1 tablespoon asian fish sauce
- ☐ 4 servings sesame seed black for garnish
- ☐ 0.5 tablespoon coarse salt
- ☐ 2 tablespoon rice vinegar
- ☐ 1 tablespoon roasted sesame oil
- ☐ 0.5 cup shallots thinly sliced

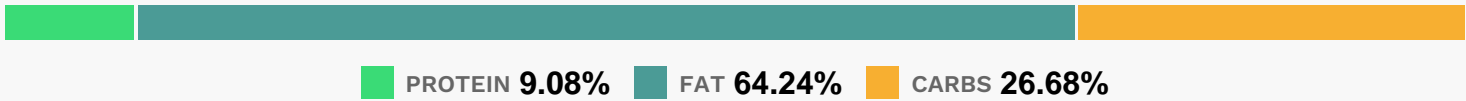
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

## Directions

- ☐ Rinse, drain and gently pat dry pea tendrils and coarsely chop for easier eating.
- ☐ Place them in a serving bowl or platter.
- ☐ Combine vinegar, fish sauce, salt, sesame oil and red Thai chili slices in a small bowl.
- ☐ Let the flavors meld for a few minutes then pour over pea tendrils. Toss to coat.
- ☐ Heat a wok or heavy skillet over high heat. When the pan is hot, add the peanut or vegetable oil and swirl before adding the sliced shallots. Lower heat and fry until the shallots begin to get dark golden brown, stirring so they don't burn (about 8 minutes). Spoon some of the hot oil and all of the shallots over the pea tendrils. The hot oil will wilt the tendrils in some places.
- ☐ Sprinkle with sesame seeds for garnish and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:28.75, Glycemic Load:1.53, Inflammation Score:-3, Nutrition Score:5.1921738225805%

## Nutrients (% of daily need)

Calories: 101.09kcal (5.05%), Fat: 7.5g (11.54%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 5.12g (1.86%), Sugar: 2.52g (2.8%), Cholesterol: 0mg (0%), Sodium: 1229.89mg (53.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.77%), Copper: 0.36mg (17.8%), Manganese: 0.3mg (15.01%), Magnesium: 42.27mg (10.57%), Calcium: 91.9mg (9.19%), Vitamin B6: 0.18mg (9.15%), Iron: 1.56mg (8.69%), Fiber: 1.89g (7.56%), Phosphorus: 68.7mg (6.87%), Vitamin B1: 0.08mg (5.44%), Selenium: 3.56µg (5.08%), Folate: 20.11µg (5.03%), Zinc: 0.75mg (5%), Potassium: 149.52mg (4.27%), Vitamin C: 2.39mg (2.9%), Vitamin B3: 0.52mg (2.62%), Vitamin B2: 0.03mg (1.66%)