



## Quick Edamame Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



117 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 teaspoon basil dried
- 0.5 teaspoon parsley dried
- 16 ounce edamame green frozen shelled thawed ( soybeans)
- 16 ounce regular corn sweet frozen thawed
- 0.3 teaspoon garlic powder
- 0.3 teaspoon ground pepper black
- 0.3 cup olive oil to taste
- 16 ounce peas sweet frozen thawed

- 0.5 onion red minced
- 0.3 cup red wine vinegar to taste
- 0.5 teaspoon salt

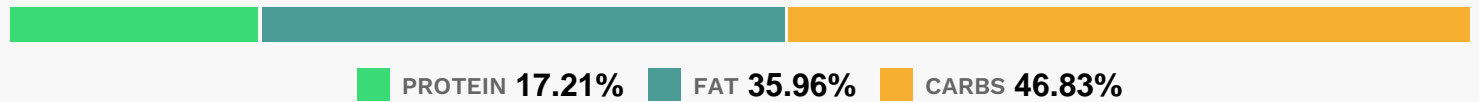
## Equipment

- bowl

## Directions

- Mix edamame, corn, peas, black beans, and red onion in a large bowl.
- Stir olive oil, vinegar, salt, parsley, black pepper, basil, and garlic powder into edamame mixture.
- Chill in refrigerator at least 30 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:10.24, Glycemic Load:4.09, Inflammation Score:-4, Nutrition Score:5.3360870350962%

## Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

## Nutrients (% of daily need)

Calories: 116.86kcal (5.84%), Fat: 4.87g (7.49%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 14.25g (4.75%), Net Carbohydrates: 10.73g (3.9%), Sugar: 3.81g (4.23%), Cholesterol: 0mg (0%), Sodium: 74.94mg (3.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.48%), Vitamin C: 13.18mg (15.97%), Fiber: 3.52g (14.09%), Vitamin K: 9.55µg (9.1%), Manganese: 0.18mg (8.81%), Potassium: 266.92mg (7.63%), Iron: 1.37mg (7.63%), Vitamin B1: 0.1mg (6.91%), Folate: 25.68µg (6.42%), Vitamin A: 291.85IU (5.84%), Phosphorus: 54.04mg (5.4%), Vitamin B3: 1.08mg (5.38%), Vitamin B6: 0.09mg (4.63%), Magnesium: 17.43mg (4.36%), Vitamin E: 0.55mg (3.68%), Zinc: 0.54mg (3.58%), Copper: 0.07mg (3.33%), Calcium: 32.96mg (3.3%), Vitamin B2: 0.05mg (3.23%), Vitamin B5: 0.26mg (2.59%)