



WHATSheATE



Radish and Feta Snap Peas



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



109 kcal

SIDE DISH

Ingredients



0.3 teaspoon pepper black



1 teaspoon dijon mustard



1.5 ounces feta cheese crumbled



3 tablespoons mint leaves fresh chopped



0.1 teaspoon kosher salt



2 tablespoons juice of lemon fresh



0.5 teaspoon lemon zest grated



1 tablespoon olive oil extra virgin extra-virgin

- ☐ 0.5 cup radishes thinly sliced
- ☐ 1 shallots minced
- ☐ 0.5 teaspoon sugar
- ☐ 12 ounces sugar snap peas trimmed
- ☐ 8 cups water

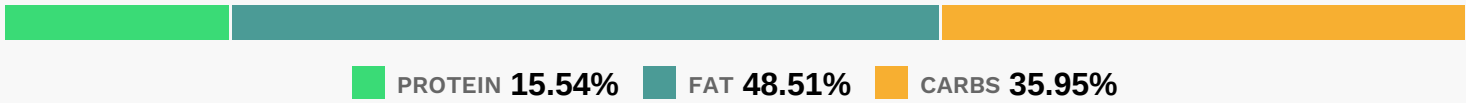
Equipment

- ☐ bowl
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Bring 8 cups water to a boil in a large Dutch oven.
- ☐ Add peas; cook 30 seconds or until crisp-tender.
- ☐ Drain and plunge into ice water; drain. Slice half of peas diagonally.
- ☐ Combine lemon rind and next 7 ingredients in a medium bowl; stir with a whisk.
- ☐ Add peas; toss to coat.
- ☐ Add radishes, crumbled feta, and chopped fresh mint to pea mixture. Toss to combine.

Nutrition Facts



Properties

Glycemic Index:55.77, Glycemic Load:0.82, Inflammation Score:-8, Nutrition Score:12.015217295159%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin:

0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 109.05kcal (5.45%), Fat: 6.08g (9.35%), Saturated Fat: 1.95g (12.21%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 7.06g (2.57%), Sugar: 4.88g (5.42%), Cholesterol: 9.46mg (3.15%), Sodium: 242.43mg (10.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.77%), Vitamin C: 58.1mg (70.42%), Vitamin K: 24.02µg (22.88%), Vitamin A: 1132.05IU (22.64%), Manganese: 0.31mg (15.26%), Folate: 50.79µg (12.7%), Fiber: 3.08g (12.31%), Iron: 2.21mg (12.3%), Calcium: 120.44mg (12.04%), Vitamin B6: 0.22mg (11.15%), Vitamin B1: 0.16mg (10.46%), Vitamin B2: 0.18mg (10.42%), Phosphorus: 92.47mg (9.25%), Copper: 0.18mg (8.77%), Magnesium: 34.23mg (8.56%), Vitamin B5: 0.81mg (8.12%), Potassium: 264.41mg (7.55%), Vitamin E: 0.87mg (5.83%), Zinc: 0.7mg (4.7%), Selenium: 2.8µg (3.99%), Vitamin B3: 0.75mg (3.73%), Vitamin B12: 0.18µg (2.99%)