



Rainbow Carrot, Pea Shoot, and Chicken Salad

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds carrots (preferably a mix of long and short ones)
- ☐ 1 large garlic clove minced
- ☐ 1 cup yogurt crumbled
- ☐ 0.5 tsp kosher salt
- ☐ 0.3 cup meyer lemon juice
- ☐ 0.8 cup mint leaves cut into slivers
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 4 ounces pea shoots

- ☐ 0.3 teaspoon pepper
- ☐ 3 cups chicken shredded cooked
- ☐ 2 cups sugar snap peas

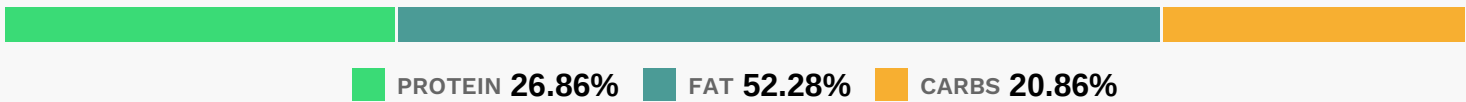
Equipment

- ☐ bowl
- ☐ whisk
- ☐ mandoline
- ☐ kitchen towels
- ☐ peeler

Directions

- ☐ Scrub carrots gently (so you don't lose the bright outer color), using a brush under running water. With a mandoline or vegetable peeler, cut thin lengthwise ribbons to make 1 qt.; discard ends and tough cores.
- ☐ Put dark and light carrot ribbons in separate bowls of ice water and soak about 15 minutes to crisp.
- ☐ Drain, roll in kitchen towels, and pat dry.
- ☐ Discard tough or thick stems from pea shoots and tear sprigs into 4- to 5-in. pieces. Pull strings from straight sides of snap peas, then thinly slice peas lengthwise. In a large bowl, whisk oil, lemon juice, garlic, 1/2 tsp. salt, and the pepper.
- ☐ Add carrots, pea shoots, snap peas, feta, mint, and chicken to bowl and toss gently. Season with more salt if you like.
- ☐ *Find at farmers' markets and Asian markets.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:3.66, Inflammation Score:-10, Nutrition Score:21.310869496802%

Flavonoids

Eriodictyol: 2.24mg, Eriodictyol: 2.24mg, Eriodictyol: 2.24mg, Eriodictyol: 2.24mg Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 321.78kcal (16.09%), Fat: 18.86g (29.01%), Saturated Fat: 4.1g (25.6%), Carbohydrates: 16.94g (5.65%), Net Carbohydrates: 12.36g (4.49%), Sugar: 8.79g (9.77%), Cholesterol: 56.97mg (18.99%), Sodium: 352.14mg (15.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.8g (43.59%), Vitamin A: 19725.57IU (394.51%), Vitamin C: 45.74mg (55.44%), Vitamin B3: 7.05mg (35.25%), Vitamin K: 30.63µg (29.17%), Vitamin B6: 0.53mg (26.64%), Selenium: 18.22µg (26.02%), Phosphorus: 242.36mg (24.24%), Potassium: 717.22mg (20.49%), Fiber: 4.91g (19.66%), Vitamin E: 2.65mg (17.66%), Manganese: 0.35mg (17.4%), Vitamin B2: 0.27mg (15.77%), Vitamin B5: 1.4mg (13.98%), Calcium: 130.15mg (13.02%), Vitamin B1: 0.19mg (12.99%), Iron: 2.27mg (12.59%), Folate: 47.65µg (11.91%), Magnesium: 47.22mg (11.81%), Zinc: 1.62mg (10.81%), Copper: 0.16mg (7.92%), Vitamin B12: 0.23µg (3.86%), Vitamin D: 0.53µg (3.52%)