

health-score 73%

HEALTH SCORE

Snap Pea and Cucumber Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

16 min.

SERVINGS

servings

4

CALORIES

calories

129 kcal

SIDE DISH

Ingredients

- ☐ 2 small persian cucumbers unpeeled thinly sliced
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 1 cup grape tomatoes halved ()
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons juice of lemon fresh (from)
- ☐ 1 teaspoon lemon zest
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 pound sugar snap peas trimmed

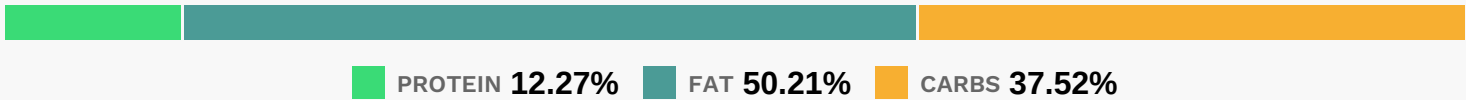
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ For the salad: Bring a large saucepan of salted water to a boil over high heat.
- ☐ Add the snap peas and cook until vibrant green, about 1 to 2 minutes.
- ☐ Drain and transfer to a bowl of iced water to cool, about 2 minutes.
- ☐ Drain and add to a salad bowl. Stir in the cucumbers, tomatoes and dill.
- ☐ For the dressing: In a small bowl, whisk together the lemon juice, olive oil and lemon zest until smooth. Season with salt and pepper, to taste.
- ☐ Pour the dressing over the salad and toss until coated.
- ☐ Cook's Note: As an alternative to boiling, the snap peas can be lightly steamed for 2 minutes.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.59, Inflammation Score:-9, Nutrition Score:15.724782757137%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg 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: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 129.09kcal (6.45%), Fat: 7.48g (11.51%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 12.58g (4.19%), Net Carbohydrates: 8.47g (3.08%), Sugar: 6.82g (7.57%), Cholesterol: 0mg (0%), Sodium: 10.04mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.23%), Vitamin C: 81.71mg (99.05%), Vitamin K: 41.36µg (39.39%), Vitamin A: 1827.77IU (36.56%), Manganese: 0.43mg (21.38%), Folate: 70.26µg (17.57%), Fiber: 4.11g (16.44%), Iron: 2.89mg (16.03%), Vitamin B1: 0.21mg (14.15%), Vitamin B6: 0.26mg (13.08%), Potassium: 454.12mg (12.97%), Vitamin E: 1.69mg (11.26%), Vitamin B5: 1.1mg (10.98%), Magnesium: 43.1mg (10.78%), Phosphorus: 88.39mg (8.84%), Copper: 0.17mg (8.75%), Vitamin B2: 0.13mg (7.53%), Calcium: 71.29mg (7.13%), Vitamin B3: 0.99mg (4.93%), Zinc: 0.54mg (3.58%), Selenium: 0.89µg (1.27%)