




 **49%**
HEALTH SCORE

Snap Pea and Green Bean Salad with Arugula Pesto


 Vegetarian  Gluten Free

READY IN




45 min.

SERVINGS



6

CALORIES



314 kcal

SIDE DISH

Ingredients

- 1 cup almonds
- 1 tablespoon almonds
- 2 cups baby arugula
- 4 basil
- 4 basil
- 0.5 cup cilantro leaves
- 0.5 cup olive oil extra virgin as needed (more)

- 3 cloves garlic
- 1 cup the salad
- 1 lemon zest
- 0.5 cup pistachios shelled
- 6 servings salt and pepper black
- 1 pound sugar snap peas
- 1 pound turtle beans green
- 0.5 cup yogurt plain sour

Equipment

- food processor
- bowl
- pot

Directions

- Bring a large pot of salted water to a boil. While your water is coming to a boil, prepare your arugula pesto and cilantro cream drizzle. In the bowl of your food processor, add the almonds, pistachios, garlic, lemon zest, baby arugula and basil leaves. Pulse 8–9 times until completely broken up. With the food processor running, slowly pour in the olive oil until the pesto just comes together. Season to taste with salt and black pepper and transfer to a large bowl. In the same food processor bowl (wipe clean if you wish), combine the yogurt and cilantro. Pulse until the two ingredients come together. Season to taste with salt and black pepper and set aside. Have an ice bath ready.
- Add the snap peas and beans to the boiling water and blanch for about 1 minute and 30 seconds.
- Drain and transfer immediately to the ice bath to cool down.
- Drain again once the veggies are cool, and pat them dry.
- Add the veggies to the bowl with the pesto and toss to coat.
- Pour the veggies onto a large platter and drizzle with the cilantro cream. Top with micro greens and sliced almonds. Enjoy immediately or place in the refrigerator to chill.

Nutrition Facts

PROTEIN 14.76% FAT 59.41% CARBS 25.83%

Properties

Glycemic Index:52.5, Glycemic Load:1.94, Inflammation Score:-9, Nutrition Score:23.600869565217%

Flavonoids

Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Taste

Sweetness: 28.76%, Saltiness: 29.13%, Sourness: 40.99%, Bitterness: 15.21%, Savoriness: 9.44%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 314.36kcal (15.72%), Fat: 22.01g (33.87%), Saturated Fat: 2.5g (15.63%), Carbohydrates: 21.53g (7.18%), Net Carbohydrates: 13.9g (5.05%), Sugar: 6.08g (6.75%), Cholesterol: 2.65mg (0.88%), Sodium: 215.65mg (9.38%), Protein: 12.31g (24.61%), Vitamin C: 66.67mg (80.81%), Vitamin E: 7.66mg (51.06%), Manganese: 0.96mg (47.98%), Folate: 135.52µg (33.88%), Vitamin K: 34.75µg (33.09%), Magnesium: 127.34mg (31.84%), Fiber: 7.63g (30.53%), Phosphorus: 270.49mg (27.05%), Copper: 0.53mg (26.47%), Vitamin A: 1237.44IU (24.75%), Vitamin B2: 0.41mg (24.16%), Iron: 4mg (22.21%), Potassium: 685.1mg (19.57%), Calcium: 188.17mg (18.82%), Vitamin B6: 0.37mg (18.5%), Vitamin B1: 0.27mg (18.03%), Zinc: 1.72mg (11.5%), Vitamin B5: 0.88mg (8.77%), Vitamin B3: 1.62mg (8.08%), Selenium: 3.02µg (4.32%), Vitamin B12: 0.08µg (1.26%)