



## Snap Pea Chopped Salad with Thai Vinaigrette

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



179 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 medium carrots peeled halved lengthwise thinly sliced
- 1.5 teaspoons ginger/garlic paste
- 0.5 medium cucumber english halved lengthwise thinly sliced
- 2 teaspoons fish sauce
- 0.8 cup cilantro leaves fresh coarsely chopped (from)
- 1 teaspoon granulated sugar
- 0.5 teaspoon kosher salt
- 1 tablespoon juice of lime freshly squeezed

- 1 tablespoon rice vinegar
- 0.3 cup roasted peanuts salted coarsely chopped
- 2 medium spring onion light white green thinly sliced ( and parts only)
- 1 pound sugar snap peas ends trimmed
- 0.3 cup vegetable oil

## Equipment

- bowl

## Directions

- Place the snap peas, cucumber, carrots, cilantro, and scallions in a large bowl, drizzle with the dressing, and toss to coat.
- Transfer to a serving platter, sprinkle with the peanuts, and serve immediately.

## Nutrition Facts

■ PROTEIN **10.82%** ■ FAT **64.01%** ■ CARBS **25.17%**

## Properties

Glycemic Index:43.49, Glycemic Load:1.31, Inflammation Score:-10, Nutrition Score:16.132608544567%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

## Nutrients (% of daily need)

Calories: 179.39kcal (8.97%), Fat: 13.32g (20.49%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 11.78g (3.93%), Net Carbohydrates: 8.18g (2.97%), Sugar: 5.33g (5.93%), Cholesterol: 0mg (0%), Sodium: 405.51mg (17.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.13%), Vitamin A: 4431.31IU (88.63%), Vitamin C: 49.89mg (60.47%), Vitamin K: 58.97µg (56.17%), Manganese: 0.47mg (23.44%), Fiber: 3.6g (14.42%), Folate: 53.33µg (13.33%), Iron: 2.04mg (11.34%), Vitamin B1: 0.17mg (11.12%), Magnesium: 43.02mg (10.76%), Vitamin B6: 0.21mg (10.51%), Potassium: 353.98mg (10.11%), Vitamin B3: 2mg (9.98%), Phosphorus: 89.89mg (8.99%), Vitamin E: 1.26mg (8.42%), Vitamin B5: 0.83mg (8.28%), Copper: 0.15mg (7.36%), Calcium: 60.03mg (6%), Vitamin B2: 0.1mg

(5.75%), Zinc: 0.52mg (3.44%), Selenium: 1.66µg (2.37%)