



## Snap Pea Salad with Tarragon and Fennel

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 fennel bulbs thinly sliced for garnish
- 2 teaspoons hot sauce
- 4 servings kosher salt and pepper black freshly ground
- 0.3 cup olive oil divided
- 2 tablespoons orange zest
- 1 tablespoon sugar
- 0.3 pound sugar snap peas fresh
- 0.5 cup tarragon leaves loosely packed

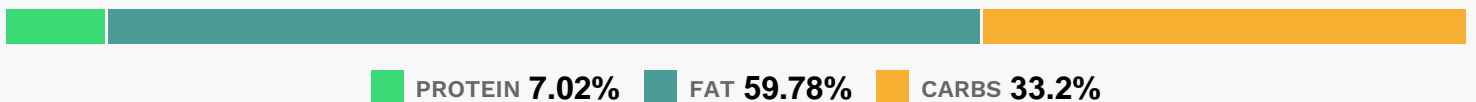
## Equipment

- bowl
- frying pan
- whisk

## Directions

- In a small bowl, whisk together the orange juice, hot sauce, sugar and 2 tablespoons of the olive oil. Season with salt and pepper, to taste, and set aside.
- Warm the remaining olive oil in a medium skillet over medium heat.
- Add the fennel and saute for 3 minutes. Stir in the peas along with the orange zest and season with salt and pepper, to taste.
- Saute until the peas turn bright green, about 2 minutes.
- Remove the skillet from the heat.
- Pour the vinaigrette over the fennel mixture.
- Transfer the fennel mixture to serving bowl and toss in the tarragon to release fragrance and wilt slightly.
- Garnish with reserved fennel fronds and serve slightly warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:67.27, Glycemic Load:6.68, Inflammation Score:-7, Nutrition Score:16.249130399331%

## Flavonoids

Eriodictyol: 1.28mg, Eriodictyol: 1.28mg, Eriodictyol: 1.28mg, Eriodictyol: 1.28mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 202.17kcal (10.11%), Fat: 14.29g (21.98%), Saturated Fat: 2.1g (13.15%), Carbohydrates: 17.85g (5.95%), Net Carbohydrates: 12.97g (4.72%), Sugar: 9.47g (10.52%), Cholesterol: 0mg (0%), Sodium: 119.19mg (5.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.55%), Vitamin K: 88.91µg (84.68%), Vitamin C: 39.98mg (48.46%), Manganese: 0.82mg (40.78%), Potassium: 755.01mg (21.57%), Iron: 3.62mg (20.09%), Fiber: 4.88g (19.54%), Vitamin E: 2.74mg (18.27%), Folate: 63.65µg (15.91%), Vitamin A: 753.48IU (15.07%), Calcium: 143.83mg (14.38%), Vitamin B6: 0.26mg (13.04%), Magnesium: 50.02mg (12.51%), Phosphorus: 95.3mg (9.53%), Vitamin B2: 0.15mg (8.85%), Vitamin B3: 1.53mg (7.65%), Copper: 0.15mg (7.43%), Vitamin B1: 0.08mg (5.25%), Vitamin B5: 0.5mg (5.04%), Zinc: 0.57mg (3.78%), Selenium: 1.33µg (1.9%)