



## Snow Pea and Radish Salad With Ginger-Lime Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 teaspoon pepper black
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon ginger fresh minced
- 1 tablespoon juice of lime freshly squeezed
- 8 radishes thinly sliced
- 0.3 teaspoon salt
- 1 tablespoon salt

- 0.5 cup scallions chopped
- 1 pound snow peas trimmed
- 1 tablespoon vegetable oil
- 4 servings whole-wheat-battered shrimp

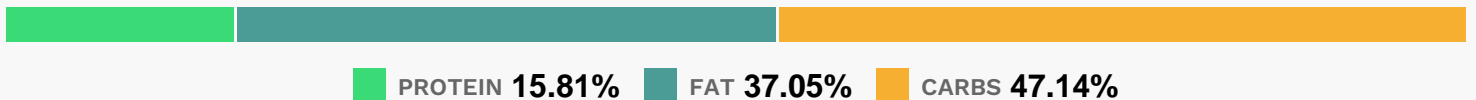
## Equipment

- bowl
- whisk
- pot
- sieve

## Directions

- Toss radishes and scallions with 1 tablespoon salt in a strainer, and let sit for 15 minutes; rinse and drain. Bring a large pot of salted water to a boil; add snow peas. Cook peas until bright green and just tender (2–3 minutes); drain. Fill a large bowl with ice water; plunge peas into ice water, and drain.
- Combine lime juice, vegetable oil, and ginger in a salad bowl; mix well using a whisk, and add 1/4 teaspoon salt and pepper.
- Add radishes, scallions, snow peas, and cilantro to bowl with the vinaigrette; toss to coat the vegetables.
- Serve with Whole-Wheat-Battered Shrimp.

## Nutrition Facts



## Properties

Glycemic Index:35.75, Glycemic Load:0.31, Inflammation Score:-8, Nutrition Score:13.942608734836%

## Flavonoids

Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin:

0.01mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

## Nutrients (% of daily need)

Calories: 85.97kcal (4.3%), Fat: 3.68g (5.67%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 10.55g (3.51%), Net Carbohydrates: 7.02g (2.55%), Sugar: 5.07g (5.64%), Cholesterol: 0mg (0%), Sodium: 1899.55mg (82.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.07%), Vitamin C: 72.84mg (88.29%), Vitamin K: 61.63µg (58.7%), Vitamin A: 1374.56IU (27.49%), Manganese: 0.34mg (17.23%), Iron: 2.63mg (14.61%), Folate: 58.36µg (14.59%), Fiber: 3.52g (14.08%), Vitamin B1: 0.18mg (11.98%), Vitamin B6: 0.2mg (10%), Vitamin B5: 0.89mg (8.86%), Potassium: 296.34mg (8.47%), Magnesium: 32.1mg (8.02%), Phosphorus: 67.94mg (6.79%), Calcium: 62.98mg (6.3%), Vitamin B2: 0.11mg (6.22%), Copper: 0.11mg (5.71%), Vitamin E: 0.81mg (5.4%), Vitamin B3: 0.79mg (3.95%), Zinc: 0.4mg (2.63%), Selenium: 0.95µg (1.36%)