



Snow Pea Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



119 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce water chestnuts drained canned
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 cup snow pea pods fresh
- ☐ 2 tablespoons rice wine vinegar

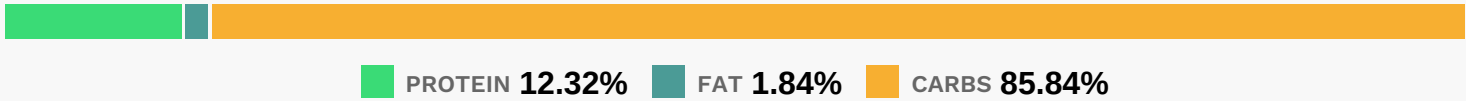
Equipment

☐ bowl

Directions

- ☐ Combine vinegar, soy sauce, ginger, and garlic powder in a jar; cover tightly, and shake vigorously.
- ☐ Wash snow peas; remove ends. Arrange snow peas in a vegetable steamer over boiling water. Cover and steam 3 minutes; drain and rinse with cold water.
- ☐ Combine snow peas, water chestnuts, and parsley in a small bowl.
- ☐ Pour vinegar mixture over snow pea mixture; toss gently.
- ☐ Garnish with green onion fans, if desired.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:11.709565141927%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 119.27kcal (5.96%), Fat: 0.25g (0.39%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 26.5g (8.83%), Net Carbohydrates: 20.62g (7.5%), Sugar: 6.4g (7.11%), Cholesterol: 0mg (0%), Sodium: 305.3mg (13.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.61%), Vitamin K: 45.39µg (43.23%), Vitamin C: 34.33mg (41.62%), Fiber: 5.89g (23.55%), Manganese: 0.44mg (21.75%), Vitamin B6: 0.38mg (19.1%), Iron: 2.87mg (15.94%), Vitamin A: 701.18IU (14.02%), Copper: 0.23mg (11.33%), Potassium: 353.99mg (10.11%), Folate: 37.55µg (9.39%), Phosphorus: 77.04mg (7.7%), Vitamin E: 1.13mg (7.51%), Magnesium: 28.34mg (7.08%), Vitamin B1: 0.1mg (6.63%), Vitamin B5: 0.66mg (6.56%), Vitamin B2: 0.1mg (6.14%), Zinc: 0.91mg (6.05%), Vitamin B3: 1.08mg (5.38%), Calcium: 34.58mg (3.46%), Selenium: 1.94µg (2.77%)