



Snow Pea Salad with Sesame Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



132 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons ginger fresh grated
- ☐ 2 tablespoons green onions thinly sliced
- ☐ 0.5 teaspoon mustard hot chinese
- ☐ 1.5 tablespoons asian sesame oil
- ☐ 1 teaspoon sesame seed
- ☐ 1 pound snow peas trimmed
- ☐ 2 tablespoons soya sauce
- ☐ 1 teaspoon sugar

☐ 3 tablespoons vegetable oil

Equipment

☐ bowl

☐ whisk

Directions

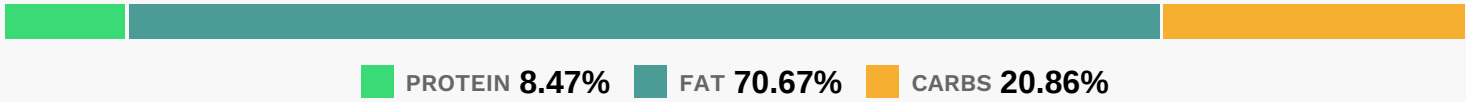
☐ Stack several snow peas and slice on the diagonal into 1/4-inch-wide strips. Repeat to slice remaining peas.

☐ In a large bowl, whisk vegetable oil, soy sauce, sesame oil, ginger, sugar, and mustard until well combined.

☐ Add sliced snow peas and 1 tablespoon green onions; mix to coat. Cover and chill until cold, at least 1 hour, or up to 1 day.

☐ Just before serving, mound salad on a platter and sprinkle with remaining tablespoon green onions and the sesame seeds.

Nutrition Facts



Properties

Glycemic Index:33.18, Glycemic Load:0.57, Inflammation Score:-7, Nutrition Score:9.0060869610828%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 132.31kcal (6.62%), Fat: 10.65g (16.38%), Saturated Fat: 1.59g (9.94%), Carbohydrates: 7.07g (2.36%), Net Carbohydrates: 4.94g (1.79%), Sugar: 3.86g (4.28%), Cholesterol: 0mg (0%), Sodium: 343.22mg (14.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.75%), Vitamin C: 45.77mg (55.48%), Vitamin K: 36.03µg (34.31%), Vitamin A: 842.02IU (16.84%), Manganese: 0.23mg (11.45%), Iron: 1.81mg (10.03%), Folate: 34.54µg (8.63%), Fiber: 2.14g (8.54%), Vitamin B1: 0.12mg (8.11%), Vitamin B6: 0.14mg (6.91%), Vitamin E: 0.92mg (6.1%), Vitamin B5: 0.59mg (5.94%), Magnesium: 22.6mg (5.65%), Phosphorus: 51.38mg (5.14%), Potassium: 174.4mg (4.98%), Vitamin B2: 0.07mg (4.27%), Copper: 0.09mg (4.25%), Calcium: 38.77mg (3.88%), Vitamin B3: 0.72mg (3.62%), Zinc: 0.27mg (1.79%), Selenium: 0.85µg (1.22%)