



## Spinach & Sugar Snap Pea Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



30 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 oz baby spinach leaves
- 1 carrots sliced
- 3 green onions diagonally sliced
- 6 radishes thinly sliced
- 2 cups sugar snap peas
- 0.5 cup lite raspberry vinaigrette dressing kraft
- 1 bell pepper yellow cut into strips

### Equipment

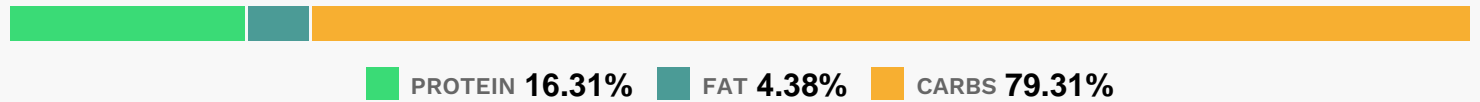
bowl

## Directions

Combine all ingredients except dressing in large bowl.

Add dressing; toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:14.28, Glycemic Load:0.34, Inflammation Score:-9, Nutrition Score:11.807391381782%

## Flavonoids

Pelargonidin: 1.52mg, Pelargonidin: 1.52mg, Pelargonidin: 1.52mg, Pelargonidin: 1.52mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

## Nutrients (% of daily need)

Calories: 30.16kcal (1.51%), Fat: 0.15g (0.24%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 4.99g (1.82%), Sugar: 3.78g (4.2%), Cholesterol: 0mg (0%), Sodium: 124.16mg (5.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.59%), Vitamin K: 95.35µg (90.81%), Vitamin A: 2886.98IU (57.74%), Vitamin C: 39.77mg (48.2%), Folate: 48.39µg (12.1%), Manganese: 0.23mg (11.52%), Iron: 1mg (5.57%), Potassium: 194.39mg (5.55%), Magnesium: 21.26mg (5.32%), Fiber: 1.29g (5.17%), Vitamin B6: 0.1mg (4.84%), Vitamin B1: 0.05mg (3.49%), Vitamin B2: 0.06mg (3.42%), Vitamin E: 0.48mg (3.21%), Calcium: 31.78mg (3.18%), Copper: 0.06mg (2.86%), Phosphorus: 25.53mg (2.55%), Vitamin B3: 0.43mg (2.16%), Vitamin B5: 0.2mg (2.01%), Zinc: 0.2mg (1.32%)