



WHATSheATE



Strawberry and Snap Pea Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



104 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon dijon mustard
- ☐ 1.5 tablespoons olive oil extra virgin
- ☐ 2 teaspoons raspberry vinegar
- ☐ 4 cups strawberries fresh sliced
- ☐ 1 cup sugar snap peas

Equipment

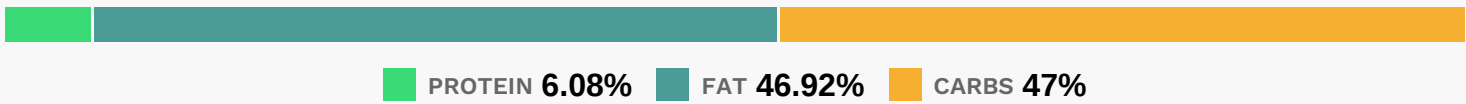
- ☐ bowl
- ☐ whisk

☐ pot

Directions

- ☐ Bring a pot of water to boil and place a steamer insert in the pot.
- ☐ Place peas in steamer, cover, and cook until bright green, about 30 seconds.
- ☐ Drain and run under cold water until peas are cool; set aside.
- ☐ Whisk olive oil, raspberry vinegar, and Dijon mustard in a bowl until well blended. Allow vinegar dressing to rest for a few minutes.
- ☐ Combine sugar snap peas and strawberry slices in a large bowl.
- ☐ Pour dressing over pea mixture, gently tossing to combine.
- ☐ Serve immediately or chill for up to 1 hour.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:3.28, Inflammation Score:-6, Nutrition Score:10.408695645954%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 103.69kcal (5.18%), Fat: 5.75g (8.85%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 9.42g (3.43%), Sugar: 8.04g (8.93%), Cholesterol: 0mg (0%), Sodium: 9.52mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.35%), Vitamin C: 99.37mg (120.45%), Manganese: 0.62mg (31.22%), Fiber: 3.54g (14.18%), Vitamin K: 12.46µg (11.87%), Folate: 44.89µg (11.22%), Vitamin E: 1.27mg (8.48%), Potassium: 272.14mg (7.78%), Iron: 1.14mg (6.36%), Magnesium: 25.02mg (6.26%), Vitamin A: 284.04IU (5.68%), Vitamin B6: 0.11mg (5.37%), Phosphorus: 48.42mg (4.84%), Vitamin B1: 0.07mg (4.83%), Copper: 0.09mg (4.46%), Vitamin B5: 0.37mg (3.66%), Vitamin B3: 0.71mg (3.53%), Calcium: 34.2mg (3.42%), Vitamin B2: 0.05mg (3.04%), Zinc: 0.27mg (1.82%), Selenium: 0.96µg (1.38%)