



## Sugar Snap Pea, Radish, and Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



72 kcal

SIDE DISH

### Ingredients

- 1 teaspoon cider vinegar
- 1 cucumber english halved lengthwise seeded
- 1 pound radishes
- 1 tablespoon seasoned rice vinegar
- 0.3 cup sesame seed toasted
- 0.5 pound sugar snap peas trimmed halved

### Equipment

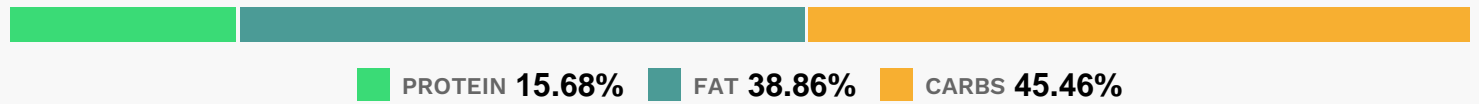
- sauce pan

colander

## Directions

- Cook peas in a saucepan of boiling salted water just until they turn a brighter shade of green, about 30 seconds.
- Drain in a colander and rinse under cold water to stop cooking.
- Cut halved cucumber and radishes crosswise into 1/4-inch-thick half moon slices.
- Toss peas, cucumber, radishes, and sesame seeds with vinegars and season with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:26.17, Glycemic Load:0.69, Inflammation Score:-6, Nutrition Score:9.73478259211%

## Flavonoids

Pelargonidin: 47.73mg, Pelargonidin: 47.73mg, Pelargonidin: 47.73mg, Pelargonidin: 47.73mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 71.94kcal (3.6%), Fat: 3.31g (5.09%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 8.71g (2.9%), Net Carbohydrates: 5.53g (2.01%), Sugar: 3.78g (4.2%), Cholesterol: 0mg (0%), Sodium: 32.78mg (1.43%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.01g (6.01%), Vitamin C: 35.27mg (42.75%), Vitamin K: 18.63µg (17.75%), Copper: 0.34mg (17.18%), Manganese: 0.34mg (17.06%), Fiber: 3.18g (12.72%), Iron: 2.1mg (11.64%), Magnesium: 45.14mg (11.28%), Folate: 44.34µg (11.08%), Calcium: 104.31mg (10.43%), Potassium: 355.16mg (10.15%), Vitamin A: 469.23IU (9.38%), Vitamin B6: 0.18mg (9.18%), Phosphorus: 86.64mg (8.66%), Vitamin B1: 0.13mg (8.58%), Zinc: 0.9mg (5.99%), Vitamin B5: 0.54mg (5.41%), Vitamin B2: 0.09mg (5.39%), Selenium: 3.03µg (4.33%), Vitamin B3: 0.75mg (3.75%), Vitamin E: 0.18mg (1.19%)