



 **6%**
HEALTH SCORE

Sugar Snap Pea Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



93 kcal

SIDE DISH

ANTIPASTI

STARTER

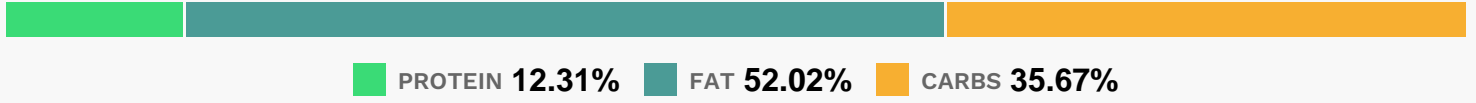
SNACK

Ingredients

- 1 tablespoon cooking oil
- 1 cucumber english halved lengthwise
- 1 pound radishes
- 2 tablespoons rice vinegar
- 6 servings salt and pepper to taste
- 0.3 cup sesame seed toasted
- 0.5 pound sugar snap peas trimmed

Equipment

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.69, Inflammation Score:-6, Nutrition Score:9.9230434782609%

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: 92.87kcal (4.64%), Fat: 5.64g (8.68%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 8.71g (2.9%), Net Carbohydrates: 5.53g (2.01%), Sugar: 3.77g (4.19%), Cholesterol: 0mg (0%), Sodium: 226.58mg (9.85%), Protein: 3.01g (6.01%), Vitamin C: 35.27mg (42.75%), Vitamin K: 20.3µg (19.33%), Copper: 0.34mg (17.19%), Manganese: 0.34mg (17.05%), Fiber: 3.18g (12.72%), Iron: 2.1mg (11.64%), Magnesium: 45.13mg (11.28%), Folate: 44.34µg (11.08%), Calcium: 104.53mg (10.45%), Potassium: 354.64mg (10.13%), Vitamin A: 469.23IU (9.38%), Vitamin B6: 0.18mg (9.18%), Phosphorus: 86.68mg (8.67%), Vitamin B1: 0.13mg (8.58%), Zinc: 0.9mg (5.99%), Vitamin B5: 0.54mg (5.41%), Vitamin B2: 0.09mg (5.39%), Selenium: 3.05µg (4.35%), Vitamin E: 0.59mg (3.91%), Vitamin B3: 0.75mg (3.75%)