



 **64%**  
HEALTH SCORE

## Sugar Snap Pea Salad With Ginger Soy Dressing

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**125 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

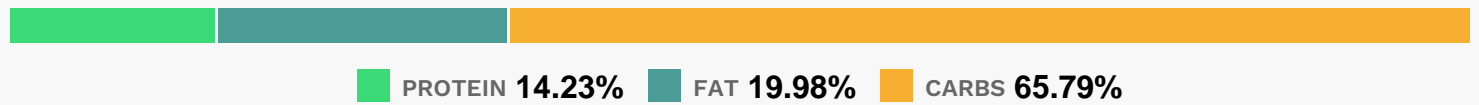
### Ingredients

- 0.5 cup carrots (julienne cut)
- 2 teaspoons sesame oil dark
- 1 tablespoon ginger fresh minced peeled
- 1 tablespoon garlic fresh minced
- 1 tablespoon soy sauce low sodium
- 1 tablespoon oyster sauce
- 0.5 cup bell pepper red (julienne cut)

- 0.3 teaspoon pepper red crushed
- 0.1 teaspoon salt
- 2 teaspoons sesame seed toasted
- 1 tablespoon sugar
- 1 lb sugar snap peas trimmed
- 0.5 cup water chestnuts drained sliced ( and )

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:57.23, Glycemic Load:3.1, Inflammation Score:-10, Nutrition Score:18.33652173913%

## Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 125.33kcal (6.27%), Fat: 2.92g (4.49%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 21.61g (7.2%), Net Carbohydrates: 16.44g (5.98%), Sugar: 10.24g (11.37%), Cholesterol: 0mg (0%), Sodium: 361.99mg (15.74%), Protein: 4.67g (9.35%), Vitamin C: 94.1mg (114.07%), Vitamin A: 4526.08IU (90.52%), Vitamin K: 31.9µg (30.38%), Manganese: 0.45mg (22.49%), Fiber: 5.17g (20.68%), Vitamin B6: 0.37mg (18.65%), Iron: 3.15mg (17.48%), Folate: 65.47µg (16.37%), Vitamin B1: 0.21mg (14.02%), Potassium: 408.26mg (11.66%), Vitamin B5: 1.05mg (10.46%), Magnesium: 41.52mg (10.38%), Copper: 0.2mg (10.24%), Phosphorus: 96.97mg (9.7%), Vitamin B2: 0.15mg (8.75%), Vitamin E: 1.16mg (7.75%), Calcium: 73.82mg (7.38%), Vitamin B3: 1.38mg (6.89%), Zinc: 0.71mg (4.71%), Selenium: 2.04µg (2.92%)