



HEALTH SCORE

58%

Sugar-Snap-Pea Salad With Sweet Ginger-Soy Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



102 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup julienne-cut bell pepper red
- ☐ 0.5 cup water chestnuts canned drained sliced
- ☐ 0.5 cup julienne-cut carrot
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 teaspoons sesame oil dark
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 tablespoon garlic fresh minced

- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.5 cup mushrooms sliced
- ☐ 1 tablespoon oyster sauce
- ☐ 0.1 teaspoon salt
- ☐ 2 teaspoons sesame seed toasted
- ☐ 1 tablespoon sugar
- ☐ 1 pound sugar snap peas trimmed

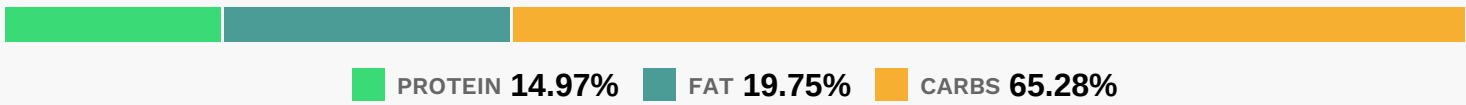
Equipment

- ☐ sauce pan

Directions

- ☐ To prepare dressing, heat oil in a small saucepan over medium heat.
- ☐ Add ginger; saut 2 minutes.
- ☐ Add garlic and crushed red pepper; cook 1 minute. Stir in oyster sauce, soy sauce, sugar, and salt; bring to a simmer.
- ☐ Remove from heat; cool.
- ☐ To prepare salad, cook peas in boiling water 30 seconds.
- ☐ Drain and rinse with cold water.
- ☐ Combine peas and remaining ingredients except sesame seeds.
- ☐ Drizzle dressing over salad; toss well.
- ☐ Sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:52.18, Glycemic Load:2.55, Inflammation Score:-10, Nutrition Score:15.734782496224%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 102.38kcal (5.12%), Fat: 2.37g (3.64%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 17.6g (5.87%), Net Carbohydrates: 13.37g (4.86%), Sugar: 8.38g (9.31%), Cholesterol: 0mg (0%), Sodium: 290.07mg (12.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.07%), Vitamin C: 75.49mg (91.5%), Vitamin A: 3620.86IU (72.42%), Vitamin K: 25.52µg (24.3%), Manganese: 0.36mg (18.22%), Fiber: 4.23g (16.93%), Vitamin B6: 0.31mg (15.42%), Iron: 2.57mg (14.25%), Folate: 54.01µg (13.5%), Vitamin B1: 0.18mg (11.73%), Potassium: 357.14mg (10.2%), Vitamin B5: 0.98mg (9.81%), Copper: 0.19mg (9.72%), Vitamin B2: 0.16mg (9.27%), Phosphorus: 85.83mg (8.58%), Magnesium: 34.08mg (8.52%), Vitamin B3: 1.45mg (7.24%), Vitamin E: 0.93mg (6.21%), Calcium: 59.34mg (5.93%), Zinc: 0.61mg (4.1%), Selenium: 2.53µg (3.61%)