

Sugar Snap Salad

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



90 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 servings pepper black freshly ground
- ☐ 2 tablespoons mint leaves fresh coarsely chopped
- ☐ 10 servings kosher salt
- ☐ 1 tablespoon juice of lemon fresh ()
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 6 ounces radishes trimmed thinly sliced
- ☐ 4 ounces pecorino crumbled
- ☐ 1.5 pounds sugar snap peas trimmed cut in half on diagonal

- ☐ 0.5 teaspoon sumac powder plus more for garnish
- ☐ 1 teaspoon citrus champagne vinegar

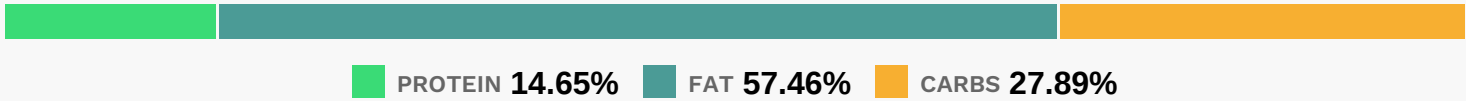
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ pot
- ☐ kitchen towels

Directions

- ☐ Fill a large bowl with ice water; set aside. Cook peas in a large pot of boiling salted water until crisp-tender, about 2 minutes.
- ☐ Drain; transfer to bowl with ice water to cool.
- ☐ Drain peas; transfer to a kitchen towel-lined baking sheet to dry.
- ☐ Whisk oil, 1 tablespoon lemon juice, vinegar, and 1/2 teaspoon sumac in a small bowl. Toss peas, radishes, and cheese in a large bowl. DO AHEAD: Can be made 1 day ahead. Cover dressing and salad separately and chill.
- ☐ Add dressing to salad and toss to coat. Season salad with salt, pepper, and more lemon juice, if desired.
- ☐ Garnish with mint and sprinkle with sumac.

Nutrition Facts



Properties

Glycemic Index:9.1, Glycemic Load:0.2, Inflammation Score:-7, Nutrition Score:8.3108696743198%

Flavonoids

Pelargonidin: 10.74mg, Pelargonidin: 10.74mg, Pelargonidin: 10.74mg, Pelargonidin: 10.74mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 89.53kcal (4.48%), Fat: 5.84g (8.99%), Saturated Fat: 1.56g (9.73%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 4.23g (1.54%), Sugar: 3.11g (3.45%), Cholesterol: 5.78mg (1.93%), Sodium: 213.14mg (9.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Vitamin C: 44.24mg (53.63%), Vitamin K: 20.05µg (19.09%), Vitamin A: 834.35IU (16.69%), Manganese: 0.2mg (10.19%), Iron: 1.61mg (8.92%), Folate: 35.65µg (8.91%), Fiber: 2.15g (8.6%), Vitamin B1: 0.11mg (7.12%), Vitamin B6: 0.13mg (6.4%), Calcium: 60.14mg (6.01%), Vitamin E: 0.89mg (5.91%), Phosphorus: 58.43mg (5.84%), Vitamin B5: 0.57mg (5.69%), Potassium: 196.46mg (5.61%), Magnesium: 20.36mg (5.09%), Vitamin B2: 0.09mg (5.07%), Copper: 0.07mg (3.48%), Selenium: 2.23µg (3.19%), Zinc: 0.38mg (2.51%), Vitamin B3: 0.48mg (2.41%)