



Summer Radish Salad with Sweet Chili Vinaigrette

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup canola oil
- 1.5 tablespoons korean chili paste (gochujang)
- 1 qt mizuna loosely packed
- 0.5 pound colorful radishes french such as watermelon*, easter egg, and/or breakfast, very thinly sliced (or 2 small bunches)
- 0.3 cup onion red thinly sliced
- 1.5 teaspoons sugar
- 0.5 pound sugar snap peas

2 tablespoons unseasoned rice vinegar

Equipment

bowl

whisk

pot

Directions

Cook peas in a medium pot of boiling water until tender-crisp, 2 to 3 minutes.

Drain, cool in ice water, and pat dry.

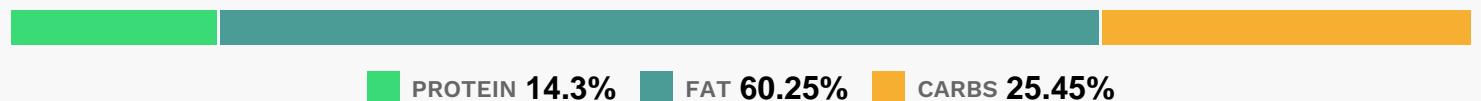
Whisk vinegar, chili paste, sugar, and oil in a large bowl to blend.

Pour about 1/3 cup of the dressing into a small bowl. Toss peas, radishes, onion, and mizuna with dressing in large bowl.

Transfer salad to plates and serve immediately, with salt and more dressing to add to taste.

*Made from red chiles, sugar, and fermented soybeans, this spicy-sweet chili paste is great in meat marinades, smeared in lettuce wraps, and stirred into soups. Buy it from an Asian market or from hmart.com; it keeps for months in the fridge. Find colorful radishes at farmers' markets and gourmet grocery stores. Get mizuna, a type of mustard green, at Asian markets and farmers' markets.

Nutrition Facts



Properties

Glycemic Index:52.77, Glycemic Load:2.25, Inflammation Score:-10, Nutrition Score:26.927826114323%

Flavonoids

Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 55.06mg, Kaempferol: 55.06mg, Kaempferol: 55.06mg, Kaempferol: 55.06mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 73.66mg, Quercetin: 73.66mg, Quercetin: 73.66mg, Quercetin: 73.66mg

Nutrients (% of daily need)

Calories: 201.46kcal (10.07%), Fat: 14.44g (22.22%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 9.91g (3.6%), Sugar: 6.4g (7.11%), Cholesterol: 0mg (0%), Sodium: 123.29mg (5.36%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 7.71g (15.42%), Vitamin K: 616.49µg (587.13%), Vitamin C: 146.09mg (177.08%), Vitamin A: 8182.03IU (163.64%), Manganese: 0.78mg (38.82%), Vitamin E: 5.05mg (33.7%), Calcium: 327.22mg (32.72%), Potassium: 1068.1mg (30.52%), Vitamin B6: 0.46mg (23.09%), Vitamin B2: 0.36mg (21.14%), Vitamin B1: 0.32mg (21.09%), Phosphorus: 190.65mg (19.06%), Magnesium: 71.09mg (17.77%), Folate: 62.41µg (15.6%), Fiber: 3.82g (15.28%), Copper: 0.27mg (13.44%), Vitamin B5: 1.27mg (12.69%), Iron: 1.92mg (10.69%), Vitamin B3: 1.07mg (5.34%), Selenium: 3.05µg (4.35%), Zinc: 0.61mg (4.04%)