



Thai Salad with Peanut Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



136 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 baby carrots peeled
- 2 cups baby salad greens mixed
- 4 cherry tomatoes quartered
- 1 teaspoon sesame oil dark
- 2 teaspoons dry-roasted peanuts
- 0.5 cup bean sprouts fresh
- 2 tablespoons cilantro leaves fresh
- 1 teaspoon ginger fresh grated peeled

- 2 tablespoons mint leaves fresh
- 1 tablespoon green onions chopped
- 1 tablespoon soya sauce low-sodium
- 1 tablespoon peanut butter reduced-fat
- 2 tablespoons onion red vertically sliced
- 2 tablespoons rice wine vinegar
- 1 teaspoon sriracha (such as huy fong) hot
- 3 tablespoons water

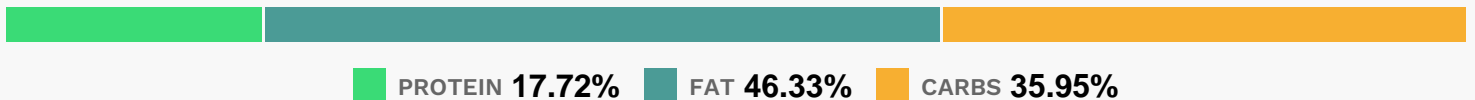
Equipment

- blender

Directions

- To prepare dressing, combine the first 8 ingredients in a blender; cover and process until smooth.
- Add peanuts; process 10 seconds.
- To prepare salad, divide greens and remaining ingredients evenly between 2 serving plates.
- Drizzle each salad with 1/4 cup dressing.

Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:0.28, Inflammation Score:-10, Nutrition Score:14.29782613464%

Flavonoids

Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 136.06kcal (6.8%), Fat: 7.43g (11.43%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 9.79g (3.56%), Sugar: 4.68g (5.2%), Cholesterol: 0mg (0%), Sodium: 449mg (19.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.78%), Vitamin A: 5035.86IU (100.72%), Vitamin C: 25.79mg (31.26%), Manganese: 0.55mg (27.43%), Vitamin K: 20.21µg (19.25%), Folate: 67.8µg (16.95%), Vitamin B3: 2.9mg (14.49%), Fiber: 3.18g (12.71%), Magnesium: 50.06mg (12.51%), Potassium: 434mg (12.4%), Phosphorus: 118.76mg (11.88%), Copper: 0.23mg (11.63%), Iron: 1.71mg (9.49%), Vitamin B6: 0.19mg (9.46%), Vitamin B1: 0.11mg (7.15%), Vitamin B2: 0.12mg (7.05%), Vitamin E: 1.03mg (6.89%), Vitamin B5: 0.53mg (5.29%), Zinc: 0.77mg (5.15%), Calcium: 50.95mg (5.1%), Selenium: 1.93µg (2.76%)