



WHATSheATE



HEALTH SCORE

58%

Warm Peanut Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



300 min.

SERVINGS



4

CALORIES



379 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 cup cilantro leaves fresh chopped (from 2 bunches)



2 tablespoons juice of lemon fresh



1.8 cups peanuts raw shelled



0.8 teaspoon sea salt fine



2 small serrano chiles fresh green minced (2 inches long)



2 medium tomatoes seeded chopped



1 bay leaves

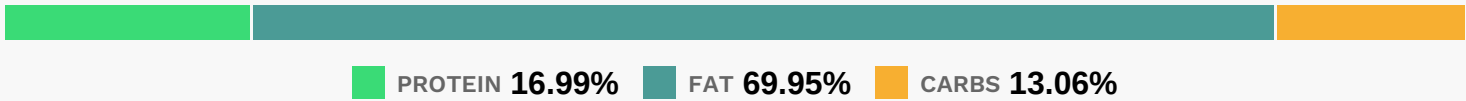
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ To skin peanuts, blanch in a 3-quart saucepan of boiling salted water 1 minute, then drain well. Slip off and discard skins using your fingers and transfer peanuts to a bowl.
- ☐ Bring 5 cups water to a boil with bay leaf in same saucepan.
- ☐ Add peanuts and reduce heat to moderate, then simmer, covered, until peanuts are soft enough to crumble easily when pressed with tines of a fork, about 30 to 45 minutes. (Test 1 or 2 peanuts, leaving the rest intact.)
- ☐ Drain well.
- ☐ When peanuts are almost finished cooking, stir together tomatoes, cilantro, chiles, lemon juice, and sea salt in a bowl.
- ☐ Add drained peanuts and stir to combine.

Nutrition Facts



Properties

Glycemic Index:21.06, Glycemic Load:1.22, Inflammation Score:-8, Nutrition Score:20.786521880523%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 378.77kcal (18.94%), Fat: 31.86g (49.01%), Saturated Fat: 4.9g (30.65%), Carbohydrates: 13.38g (4.46%), Net Carbohydrates: 6.32g (2.3%), Sugar: 1.96g (2.17%), Cholesterol: 0mg (0%), Sodium: 455.38mg (19.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.41g (34.82%), Manganese: 1.78mg (89.16%), Vitamin B3: 10.64mg (53.18%), Folate: 167.24µg (41.81%), Magnesium: 129.04mg (32.26%), Copper: 0.63mg (31.28%), Vitamin B1: 0.46mg (30.67%), Fiber: 7.06g (28.23%), Phosphorus: 266.34mg (26.63%), Potassium: 658.92mg (18.83%), Vitamin K: 17.61µg (16.77%), Vitamin C: 13.77mg (16.69%), Vitamin A: 812.32IU (16.25%), Iron: 2.78mg (15.45%), Vitamin B6:

0.3mg (14.82%), Vitamin B5: 1.22mg (12.23%), Zinc: 1.49mg (9.95%), Calcium: 77.8mg (7.78%), Selenium: 4.66µg (6.65%), Vitamin B2: 0.11mg (6.36%), Vitamin E: 0.46mg (3.09%)