



Snap Pea & Radish Arugula Salad

1 serving

10 minutes

Ingredients

40 grams Arugula
25 grams Snap Peas (chopped)
29 grams Radishes (thinly sliced)
15 milliliters Extra Virgin Olive Oil
1/4 Lemon (juiced)
2 grams Sea Salt
363 milligrams Black Pepper

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 147 |
| Fat | 14g |
| Saturated | 2g |
| Carbs | 5g |
| Fiber | 2g |
| Sugar | 2g |
| Protein | 2g |
| Cholesterol | 0mg |
| Sodium | 614mg |
| Potassium | 285mg |
| Vitamin A | 1126IU |
| Vitamin C | 18mg |
| Calcium | 83mg |
| Iron | 1mg |
| Vitamin D | 0IU |
| Vitamin E | 2mg |
| Vitamin K | 63µg |
| Thiamine | 0mg |
| Riboflavin | 0.1mg |
| Niacin | 0mg |
| Vitamin B6 | 0.1mg |
| Folate | 57µg |
| Vitamin B12 | 0µg |

Directions

- 1 Add all of the ingredients to a bowl and mix to combine. Divide evenly between bowls or onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. When ready to eat, add the olive oil and lemon juice.

Serving Size: One serving is approximately two cups.

More Flavor: Add feta or parmesan cheese.

Serve it With: Cooked protein of choice.



| | |
|-------------|------|
| Phosphorous | 38mg |
| Magnesium | 29mg |
| Zinc | 0mg |
| Selenium | 0µg |