



Asian Snow Peas and Carrots

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



98 kcal

SIDE DISH

Ingredients

- 1.5 cups matchstick-cut carrots
- 8 ounce water chestnuts drained canned
- 0.3 teaspoon pepper red crushed
- 2 teaspoons sesame oil dark
- 1.5 teaspoons ginger fresh grated peeled
- 1 bell pepper red thinly sliced
- 0.3 teaspoon salt
- 1 cup snow peas trimmed

Equipment

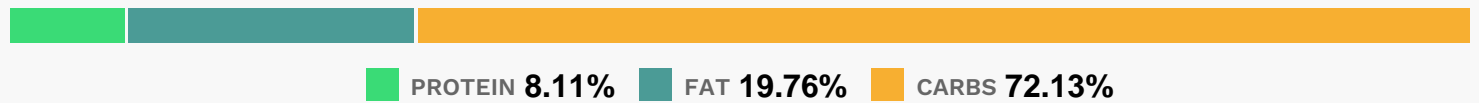
bowl

whisk

Directions

Combine first 4 ingredients in a medium- size bowl; stir with a whisk. Stir in carrot and remaining 3 ingredients. Cover and let stand 1 hour.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.39, Inflammation Score:-10, Nutrition Score:13.64521758971%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 97.68kcal (4.88%), Fat: 2.28g (3.5%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 13.76g (5%), Sugar: 6.71g (7.46%), Cholesterol: 0mg (0%), Sodium: 193.9mg (8.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Vitamin A: 7854.05IU (157.08%), Vitamin C: 55.2mg (66.91%), Fiber: 4.92g (19.69%), Vitamin B6: 0.32mg (16.03%), Manganese: 0.26mg (13.05%), Vitamin K: 12.67µg (12.07%), Folate: 42.16µg (10.54%), Iron: 1.86mg (10.35%), Potassium: 335.44mg (9.58%), Copper: 0.16mg (8.2%), Vitamin E: 1.09mg (7.24%), Vitamin B5: 0.6mg (5.98%), Vitamin B3: 1.04mg (5.22%), Phosphorus: 51.8mg (5.18%), Vitamin B1: 0.08mg (5.16%), Vitamin B2: 0.09mg (5.01%), Magnesium: 19.3mg (4.82%), Zinc: 0.56mg (3.77%), Calcium: 32mg (3.2%), Selenium: 1.29µg (1.84%)