



Basil Sugar Snap Peas

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



103 kcal

SIDE DISH

Ingredients

- 1 pound sugar snap peas fresh
- 2 tablespoons water
- 2 ounces pimientos drained sliced
- 2 tablespoons butter melted
- 1 teaspoon basil dried
- 0.3 teaspoon salt
- 0.1 teaspoon pepper

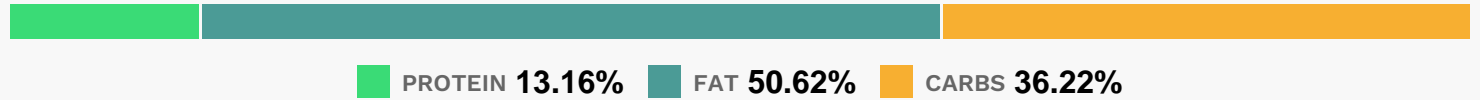
Equipment

- bowl
- microwave

Directions

- In a large microwave-safe bowl, combine the peas and water. Cover and cook on high for 3–5 minutes or until crisp-tender; drain. Stir in the remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.26, Inflammation Score:-9, Nutrition Score:13.480869565217%

Nutrients (% of daily need)

Calories: 102.53kcal (5.13%), Fat: 5.97g (9.18%), Saturated Fat: 3.66g (22.85%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 6.23g (2.26%), Sugar: 5.02g (5.57%), Cholesterol: 15.05mg (5.02%), Sodium: 197.88mg (8.6%), Protein: 3.49g (6.98%), Vitamin C: 82.78mg (100.34%), Vitamin A: 1786.11IU (35.72%), Vitamin K: 34.67µg (33.02%), Manganese: 0.32mg (16.13%), Iron: 2.88mg (16.02%), Fiber: 3.38g (13.54%), Folate: 49.62µg (12.4%), Vitamin B1: 0.17mg (11.58%), Vitamin B6: 0.22mg (11.12%), Vitamin B5: 0.86mg (8.63%), Magnesium: 30.31mg (7.58%), Potassium: 263.27mg (7.52%), Phosphorus: 65.54mg (6.55%), Vitamin B2: 0.11mg (6.27%), Calcium: 57.63mg (5.76%), Copper: 0.11mg (5.27%), Vitamin E: 0.75mg (5.01%), Vitamin B3: 0.8mg (4.02%), Zinc: 0.36mg (2.43%), Selenium: 0.9µg (1.29%)