



Basil-Sugar Snap Peas with Mushrooms

 Gluten Free

READY IN



20 min.

SERVINGS



5

CALORIES



62 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 3 oz mushrooms fresh sliced
- ☐ 1 clove garlic minced
- ☐ 3 cups sugar snap peas frozen (from 1-lb bag)
- ☐ 0.5 cup cherry tomatoes halved
- ☐ 2 teaspoons basil dried fresh chopped
- ☐ 1 tablespoon parmesan cheese grated

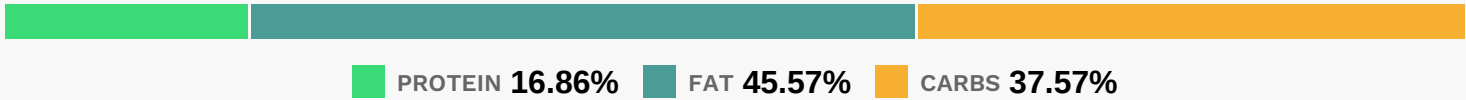
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, heat oil over medium heat.
- ☐ Add mushrooms and garlic; cook 3 to 5 minutes, stirring frequently, until tender.
- ☐ Remove from saucepan; place on plate and cover to keep warm.
- ☐ In same saucepan, heat 1/3 cup water to boiling.
- ☐ Add sugar snap peas; return to boiling. Stir; reduce heat to low. Cover; simmer 3 to 5 minutes or until peas are crisp-tender.
- ☐ Drain; return peas to saucepan.
- ☐ Return mushrooms with garlic to saucepan; stir in tomatoes and basil. Spoon into serving bowl; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:0.18, Inflammation Score:-6, Nutrition Score:8.4691303851812%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 61.91kcal (3.1%), Fat: 3.29g (5.06%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 4.14g (1.5%), Sugar: 3.07g (3.41%), Cholesterol: 0.87mg (0.29%), Sodium: 22.8mg (0.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Vitamin C: 39.22mg (47.55%), Vitamin K: 23.69µg (22.56%), Vitamin A: 723.7IU (14.47%), Manganese: 0.22mg (10.86%), Iron: 1.8mg (9.99%), Fiber: 1.97g (7.87%), Folate: 30.84µg (7.71%), Vitamin B2: 0.13mg (7.51%), Vitamin B1: 0.11mg (7.28%), Vitamin B5: 0.73mg (7.25%), Vitamin B6: 0.14mg (6.86%), Potassium: 218.97mg (6.26%), Copper: 0.12mg (6.12%), Phosphorus: 58.32mg (5.83%), Vitamin B3: 1.07mg (5.35%), Vitamin E: 0.77mg (5.11%), Magnesium: 20.33mg (5.08%), Calcium: 46.35mg (4.63%), Selenium: 2.52µg (3.59%), Zinc: 0.35mg (2.31%)