



WHATSheATE



HEALTH SCORE

95%

Broccoli & peas with sesame seeds, soy & honey



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



99 kcal

SIDE DISH

Ingredients



1 tbsp sesame seed lightly toasted



1 tsp poppy seeds



1 head broccoli cut into florets



100 g peas frozen



1 tbsp soya sauce



1 tsp clear honey



0.3 tsp sesame oil

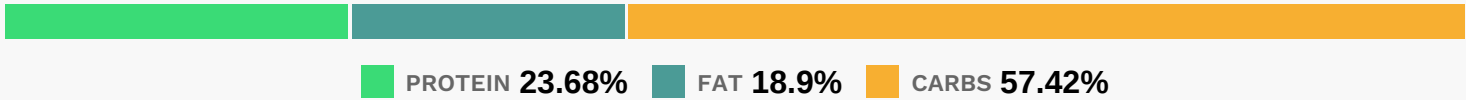
Equipment

☐ frying pan

Directions

- ☐ To make the dressing, mix the soy, honey and sesame oil together.
- ☐ Mix the seeds together. Boil the broccoli and peas for 2 mins, then drain.
- ☐ Tip the broccoli and peas back in the pan, pour half the dressing and half the seeds over, and shake for a few secs.
- ☐ Serve sprinkled with the rest of the dressing and seeds.

Nutrition Facts



Properties

Glycemic Index:45.9, Glycemic Load:3.81, Inflammation Score:-9, Nutrition Score:20.243913070015%

Flavonoids

Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 99kcal (4.95%), Fat: 2.36g (3.63%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 16.11g (5.37%), Net Carbohydrates: 10.29g (3.74%), Sugar: 5.54g (6.16%), Cholesterol: 0mg (0%), Sodium: 303.28mg (13.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.29%), Vitamin C: 145.6mg (176.48%), Vitamin K: 161.28µg (153.6%), Folate: 115.61µg (28.9%), Manganese: 0.55mg (27.39%), Fiber: 5.82g (23.27%), Vitamin A: 1138.41IU (22.77%), Vitamin B6: 0.34mg (16.86%), Potassium: 567.33mg (16.21%), Phosphorus: 153.48mg (15.35%), Vitamin B1: 0.2mg (13.39%), Vitamin B2: 0.22mg (13.21%), Magnesium: 52.33mg (13.08%), Copper: 0.23mg (11.42%), Calcium: 110.7mg (11.07%), Iron: 1.99mg (11.04%), Vitamin B5: 0.92mg (9.18%), Vitamin B3: 1.78mg (8.91%), Vitamin E: 1.24mg (8.27%), Zinc: 1.19mg (7.91%), Selenium: 5.17µg (7.38%)