



Cherry Tomato Snap Peas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



42 kcal

SIDE DISH

Ingredients

- 2 cups cherry tomatoes halved
- 1 clove garlic minced
- 1 tablespoon juice of lemon
- 0.5 teaspoon onion and herb seasoning salt-free dash® (such as Mrs.)
- 8 ounce sugar snap peas trimmed
- 2 tablespoons water
- 0.8 teaspoon sugar white

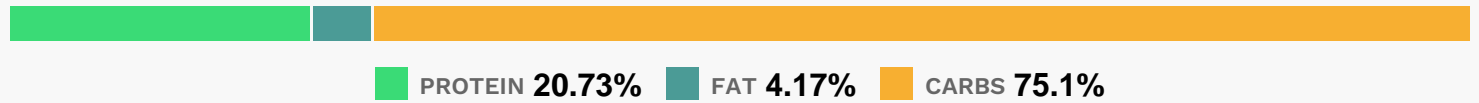
Equipment

frying pan

Directions

- Heat a large skillet over medium heat for 5 minutes.
- Add sugar snap peas and water; cover. Cook until peas are bright green, about 3 minutes.
- Remove cover and continue to cook until water is evaporated, about 2 minutes more. Stir tomatoes, garlic, sugar, and onion and herb seasoning into peas; cook for 3 minutes. Stir in lemon juice to serve.

Nutrition Facts



Properties

Glycemic Index:31.77, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:8.6813043407772%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 42.15kcal (2.11%), Fat: 0.21g (0.32%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 6.52g (2.37%), Sugar: 4.98g (5.54%), Cholesterol: 0mg (0%), Sodium: 11.02mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Vitamin C: 52.71mg (63.89%), Vitamin A: 980.92IU (19.62%), Vitamin K: 16.27µg (15.5%), Manganese: 0.23mg (11.5%), Iron: 1.7mg (9.46%), Folate: 34.32µg (8.58%), Fiber: 2.03g (8.11%), Potassium: 283.06mg (8.09%), Vitamin B6: 0.16mg (8.04%), Vitamin B1: 0.11mg (7.63%), Vitamin B5: 0.53mg (5.31%), Copper: 0.1mg (5.24%), Phosphorus: 52.43mg (5.24%), Magnesium: 20.83mg (5.21%), Vitamin E: 0.64mg (4.3%), Vitamin B2: 0.06mg (3.73%), Vitamin B3: 0.75mg (3.73%), Calcium: 34.45mg (3.44%), Zinc: 0.27mg (1.79%), Selenium: 0.89µg (1.26%)