



Fresh Green Peas and Sugar Snap Peas in Sesame Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



85 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon coarse kosher salt
- ☐ 3 cups peas fresh shelled (from 3 pounds peas in pods)
- ☐ 1 tablespoon brown sugar packed ()
- ☐ 1 tablespoon oriental sesame oil
- ☐ 1 tablespoon soya sauce
- ☐ 12 ounces sugar snap peas trimmed

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2 tablespoons unseasoned rice vinegar

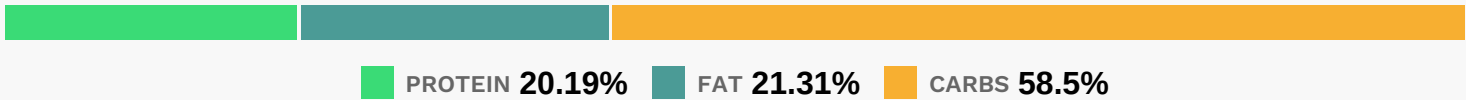
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cook shelled peas in large saucepan of boiling salted water until almost tender, about 1 1/2 minutes.
- ☐ Add sugar snap peas to same pan and continue boiling 30 seconds.
- ☐ Drain; rinse under cold water and drain again.
- ☐ Transfer to large bowl.
- ☐ Whisk vinegar, soy sauce, sesame oil, sugar, salt, and pepper in small bowl to blend. (Peas and dressing can be prepared 2 hours ahead.
- ☐ Let stand separately at room temperature.)
- ☐ Pour dressing over peas in large bowl; toss to coat. Season salad to taste with more salt and pepper, if desired.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:2.13, Inflammation Score:-7, Nutrition Score:10.343043508737%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 85.46kcal (4.27%), Fat: 2.06g (3.17%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 12.72g (4.24%), Net Carbohydrates: 8.46g (3.08%), Sugar: 6.28g (6.98%), Cholesterol: 0mg (0%), Sodium: 421.31mg (18.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.78%), Vitamin C: 47.26mg (57.29%), Vitamin K: 24.56µg (23.39%), Manganese: 0.36mg (17.89%), Vitamin A: 878.89IU (17.58%), Fiber: 4.25g (17.02%), Vitamin B1: 0.21mg (13.99%), Folate: 53.65µg (13.41%), Iron: 1.76mg (9.8%), Phosphorus: 84.61mg (8.46%), Vitamin B6: 0.17mg (8.27%), Vitamin B3: 1.48mg (7.42%), Magnesium: 29.45mg (7.36%), Copper: 0.14mg (6.76%), Potassium: 226.29mg (6.47%), Vitamin B2: 0.11mg (6.44%), Zinc: 0.8mg (5.35%), Vitamin B5: 0.39mg (3.88%), Calcium: 34.55mg (3.45%), Selenium: 1.34µg (1.91%), Vitamin E: 0.26mg (1.75%)