



Fresh Sugar Snaps with Sesame



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



24

CALORIES



5 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon soya sauce
- ☐ 0.3 teaspoon sesame oil
- ☐ 8 oz sugar snap peas fresh ends trimmed (2 cups)
- ☐ 0.5 teaspoon sesame seed black

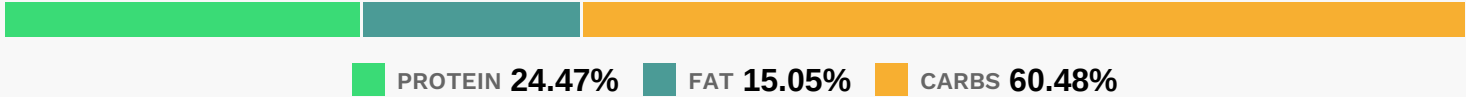
Equipment

- ☐ bowl
- ☐ toothpicks

Directions

- ☐ In medium bowl, mix soy sauce and oil.
- ☐ Add peas; stir to coat.
- ☐ Arrange on serving platter; sprinkle with sesame seed.
- ☐ Serve with toothpicks.

Nutrition Facts



Properties

Glycemic Index:2.08, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.96478259984566%

Nutrients (% of daily need)

Calories: 4.73kcal (0.24%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 0.74g (0.25%), Net Carbohydrates: 0.48g (0.18%), Sugar: 0.38g (0.42%), Cholesterol: 0mg (0%), Sodium: 14.35mg (0.62%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.3g (0.6%), Vitamin C: 5.67mg (6.87%), Vitamin K: 2.37µg (2.26%), Vitamin A: 102.72IU (2.05%), Manganese: 0.03mg (1.27%), Iron: 0.21mg (1.16%), Folate: 4.05µg (1.01%), Fiber: 0.25g (1.01%)