



Glazed Snap Peas

 Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



113 kcal

SIDE DISH

Ingredients

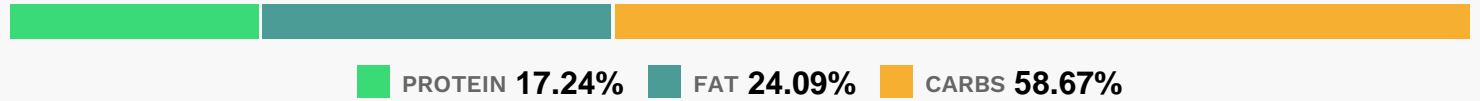
- 2 tablespoons butter
- 0.3 cup honey
- 0.3 cup oz. bacon into pieces
- 0.3 teaspoon pepper red crushed
- 1 teaspoon salt
- 48 ounces sugar snap peas frozen

Equipment

Directions

- Cook peas according to package directions; drain. Stir in the honey, butter, salt and pepper flakes.
- Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:10.23, Glycemic Load:3.64, Inflammation Score:-8, Nutrition Score:13.642608695652%

Nutrients (% of daily need)

Calories: 113.22kcal (5.66%), Fat: 3.15g (4.85%), Saturated Fat: 1.9g (11.86%), Carbohydrates: 17.28g (5.76%), Net Carbohydrates: 13.71g (4.99%), Sugar: 12.41g (13.78%), Cholesterol: 10.06mg (3.35%), Sodium: 341.9mg (14.87%), Protein: 5.08g (10.16%), Vitamin C: 81.69mg (99.02%), Vitamin K: 34.27µg (32.64%), Vitamin A: 1563.96IU (31.28%), Manganese: 0.34mg (17.01%), Iron: 2.88mg (15.98%), Folate: 57.42µg (14.36%), Fiber: 3.57g (14.29%), Vitamin B1: 0.2mg (13.63%), Vitamin B6: 0.22mg (11.04%), Vitamin B5: 1.03mg (10.3%), Magnesium: 32.96mg (8.24%), Potassium: 278.26mg (7.95%), Phosphorus: 73.28mg (7.33%), Vitamin B2: 0.11mg (6.68%), Calcium: 60mg (6%), Copper: 0.11mg (5.56%), Vitamin B3: 0.83mg (4.17%), Vitamin E: 0.61mg (4.1%), Zinc: 0.39mg (2.61%), Selenium: 1.06µg (1.51%)