



Honey-Nut Snap Peas



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 4 cups sugar snap peas frozen
- ☐ 2 tablespoons water
- ☐ 0.5 cup pinenuts
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon mustard yellow

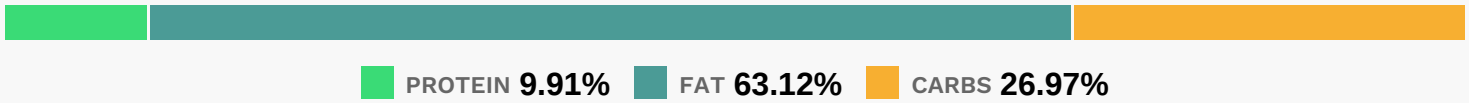
Equipment

- ☐ microwave

Directions

- ☐ In 1 1/2-quart microwavable casserole, place sugar snap peas and 2 tablespoons water. Cover; microwave on High 6 to 9 minutes, stirring once halfway through cooking, until peas are crisp-tender.
- ☐ Drain.
- ☐ Add peanuts, butter, honey and mustard; toss gently to mix.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:21.07, Glycemic Load:2.26, Inflammation Score:-8, Nutrition Score:16.758261035156%

Nutrients (% of daily need)

Calories: 196.62kcal (9.83%), Fat: 14.6g (22.46%), Saturated Fat: 1.45g (9.08%), Carbohydrates: 14.03g (4.68%), Net Carbohydrates: 10.8g (3.93%), Sugar: 8.85g (9.84%), Cholesterol: 0mg (0%), Sodium: 51.6mg (2.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.31%), Manganese: 1.73mg (86.69%), Vitamin C: 58.97mg (71.48%), Vitamin K: 33.61µg (32.01%), Vitamin A: 1196.24IU (23.92%), Iron: 3.01mg (16.74%), Magnesium: 66.76mg (16.69%), Copper: 0.3mg (15.21%), Phosphorus: 151.34mg (15.13%), Vitamin B1: 0.21mg (14.08%), Vitamin E: 2.07mg (13.8%), Fiber: 3.24g (12.95%), Folate: 47.13µg (11.78%), Zinc: 1.37mg (9.16%), Vitamin B6: 0.18mg (8.75%), Potassium: 302.82mg (8.65%), Vitamin B5: 0.8mg (7.98%), Vitamin B2: 0.12mg (7.11%), Vitamin B3: 1.34mg (6.71%), Calcium: 47.22mg (4.72%), Selenium: 1.27µg (1.82%)