



Lemon-Butter Snow Peas

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



102 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter melted
- 1 teaspoon garlic minced
- 0.5 teaspoon seasoning italian
- 1 teaspoon juice of lemon
- 0.5 pound snow peas fresh
- 1 tablespoon water

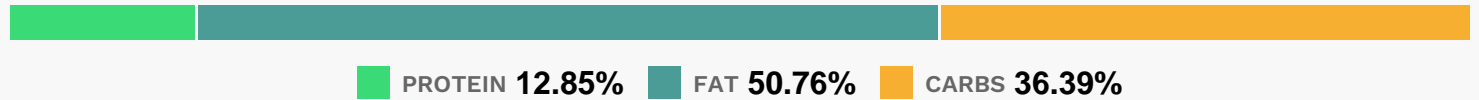
Equipment

- microwave

Directions

- In a microwave-safe dish, combine the snow peas, water and garlic. Cover and microwave on high for 3–4 minutes or until crisp-tender; drain.
- Combine the butter, lemon juice and Italian seasoning.
- Drizzle over peas; toss to coat.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:0.15, Inflammation Score:-8, Nutrition Score:12.153913242014%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 101.93kcal (5.1%), Fat: 5.94g (9.14%), Saturated Fat: 3.65g (22.83%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 6.38g (2.32%), Sugar: 4.64g (5.15%), Cholesterol: 15.05mg (5.02%), Sodium: 50.33mg (2.19%), Alcohol: 0g (100%), Protein: 3.38g (6.77%), Vitamin C: 69.49mg (84.23%), Vitamin K: 31.97µg (30.45%), Vitamin A: 1416.36IU (28.33%), Manganese: 0.33mg (16.35%), Iron: 2.57mg (14.29%), Fiber: 3.2g (12.8%), Folate: 49.57µg (12.39%), Vitamin B1: 0.17mg (11.66%), Vitamin B6: 0.21mg (10.33%), Vitamin B5: 0.88mg (8.75%), Magnesium: 29.31mg (7.33%), Potassium: 243.37mg (6.95%), Phosphorus: 65.02mg (6.5%), Calcium: 61.52mg (6.15%), Vitamin B2: 0.1mg (5.75%), Copper: 0.1mg (4.94%), Vitamin E: 0.7mg (4.67%), Vitamin B3: 0.72mg (3.6%), Zinc: 0.35mg (2.3%), Selenium: 1.1µg (1.57%)