



WHATSheATE



HEALTH SCORE

51%

Lemon-Scented Sugar Snap Peas



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.8 teaspoon salt
- ☐ 2 pounds sugar snap peas fresh

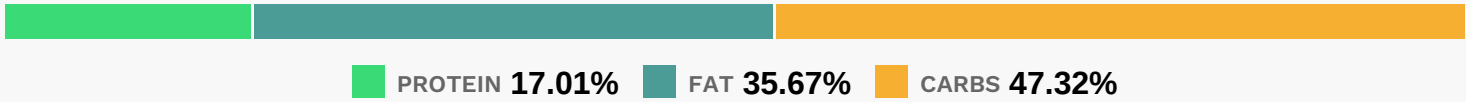
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ ziploc bags

Directions

- ☐ Cook peas in boiling salted water to cover 5 minutes or until crisp-tender.
- ☐ Drain and plunge into ice water to stop the cooking process; drain. (To make ahead, wrap peas in paper towels, and place in a zip-top plastic bag. Seal and chill 8 hours.)
- ☐ Melt butter in a medium skillet over medium-high heat; add peas, and saut 3 minutes.
- ☐ Add garlic and remaining ingredients. Saut 2 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.11, Inflammation Score:-9, Nutrition Score:14.966086909175%

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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 99.83kcal (4.99%), Fat: 4.08g (6.27%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 12.17g (4.06%), Net Carbohydrates: 8.1g (2.95%), Sugar: 6.15g (6.83%), Cholesterol: 0mg (0%), Sodium: 341.01mg (14.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.75%), Vitamin C: 92.87mg (112.57%), Vitamin K: 38.09µg (36.28%), Vitamin A: 1811.93IU (36.24%), Manganese: 0.41mg (20.4%), Iron: 3.19mg (17.71%), Fiber: 4.07g (16.29%), Folate: 64.19µg (16.05%), Vitamin B1: 0.23mg (15.36%), Vitamin B6: 0.26mg (12.88%), Vitamin B5: 1.15mg (11.52%), Magnesium: 37.22mg (9.3%), Potassium: 314.28mg (8.98%), Phosphorus: 83.28mg (8.33%), Vitamin B2: 0.13mg (7.35%), Calcium: 70.19mg (7.02%), Copper: 0.13mg (6.29%), Vitamin E: 0.74mg (4.95%), Vitamin B3: 0.92mg (4.61%), Zinc: 0.43mg (2.84%), Selenium: 1.22µg (1.74%)