



Lemony Sugar Snap Peas with Avocado



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 haas avocados peeled sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.3 pound sugar snap peas raw

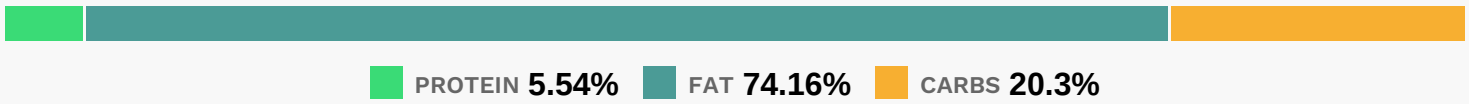
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a bowl, whisk together Dijon mustard, lemon juice, olive oil, kosher salt, and freshly ground pepper.
- ☐ Add raw sugar snap peas and avocado, tossing gently to combine.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:7.4969564728115%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 124.61kcal (6.23%), Fat: 10.98g (16.89%), Saturated Fat: 1.57g (9.8%), Carbohydrates: 6.76g (2.25%), Net Carbohydrates: 2.6g (0.95%), Sugar: 1.57g (1.74%), Cholesterol: 0mg (0%), Sodium: 156.99mg (6.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.69%), Vitamin C: 23.49mg (28.47%), Vitamin K: 19.86µg (18.91%), Fiber: 4.16g (16.63%), Folate: 53.41µg (13.35%), Vitamin E: 1.66mg (11.09%), Vitamin B5: 0.92mg (9.18%), Vitamin B6: 0.18mg (8.84%), Potassium: 306.11mg (8.75%), Vitamin A: 382.53IU (7.65%), Manganese: 0.15mg (7.6%), Copper: 0.12mg (5.99%), Magnesium: 22.01mg (5.5%), Vitamin B3: 1.05mg (5.26%), Vitamin B2: 0.09mg (5.24%), Vitamin B1: 0.08mg (5.22%), Iron: 0.91mg (5.03%), Phosphorus: 42.23mg (4.22%), Zinc: 0.41mg (2.7%), Calcium: 19.24mg (1.92%)