



Minted Sugar Snaps



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



39 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons mint leaves fresh minced
- ☐ 1 large garlic clove minced
- ☐ 2 green onions chopped
- ☐ 0.1 teaspoon salt
- ☐ 8 ounce sugar snap peas fresh trimmed

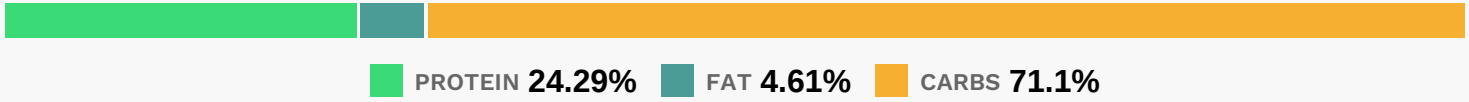
Equipment

- ☐ frying pan

Directions

- ☐
- Coat a large nonstick skillet with cooking spray, and place over medium heat until hot.
- ☐
- Add peas, green onions, and garlic; cook 3 minutes or until peas are crisp-tender, stirring often.
- ☐
- Remove from heat; stir in mint, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:0.23, Inflammation Score:-7, Nutrition Score:9.4282608809678%

Flavonoids

Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 38.55kcal (1.93%), Fat: 0.21g (0.32%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 7.23g (2.41%), Net Carbohydrates: 4.73g (1.72%), Sugar: 3.22g (3.58%), Cholesterol: 0mg (0%), Sodium: 102.44mg (4.45%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin C: 48.24mg (58.47%), Vitamin K: 35.75µg (34.05%), Vitamin A: 1044.12IU (20.88%), Manganese: 0.27mg (13.73%), Iron: 1.89mg (10.52%), Folate: 40.73µg (10.18%), Fiber: 2.5g (10.01%), Vitamin B1: 0.12mg (8.18%), Vitamin B6: 0.14mg (7.15%), Vitamin B5: 0.59mg (5.93%), Magnesium: 22.95mg (5.74%), Potassium: 198.49mg (5.67%), Calcium: 48.98mg (4.9%), Phosphorus: 47.25mg (4.73%), Vitamin B2: 0.08mg (4.54%), Copper: 0.08mg (4.13%), Vitamin B3: 0.56mg (2.81%), Vitamin E: 0.34mg (2.28%), Zinc: 0.29mg (1.91%), Selenium: 0.73µg (1.04%)