

Minty Snap Peas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



85 kcal

SIDE DISH

Ingredients

- 0.3 cup mint leaves fresh chopped
- 5 tablespoons soya sauce low-sodium
- 4 tablespoons rice vinegar
- 1.5 teaspoons sake (rice wine)
- 1 tablespoon sesame oil toasted
- 1.5 pounds snow peas whole
- 1.5 teaspoons sugar

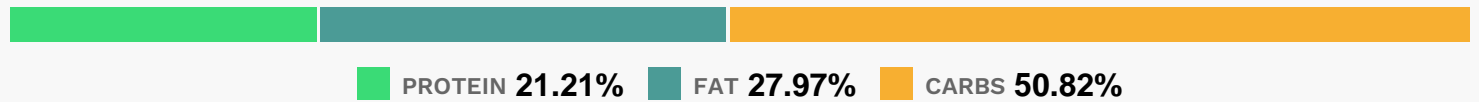
Equipment

- bowl
- paper towels
- whisk
- colander

Directions

- Cook peas in boiling water 2 minutes or until crisp-tender; drain in colander and rinse in cold water.
- Drain again, blotting dry on paper towels.
- Combine soy sauce and next 5 ingredients (through mint) in a bowl, stirring with a whisk.
- Add peas, and toss lightly to coat, tasting and adjusting seasoning if necessary.
- Serve as a side dish for grilled seafood, meat, or poultry.

Nutrition Facts



Properties

Glycemic Index:20.02, Glycemic Load:0.7, Inflammation Score:-8, Nutrition Score:12.450434835061%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

Nutrients (% of daily need)

Calories: 85.05kcal (4.25%), Fat: 2.63g (4.04%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 7.5g (2.73%), Sugar: 5.6g (6.23%), Cholesterol: 0mg (0%), Sodium: 485.56mg (21.11%), Alcohol: 0.2g (100%), Alcohol %: 0.18% (100%), Protein: 4.48g (8.96%), Vitamin C: 68.83mg (83.43%), Vitamin K: 28.67µg (27.3%), Vitamin A: 1338.84IU (26.78%), Manganese: 0.37mg (18.43%), Iron: 2.67mg (14.84%), Folate: 56.34µg (14.09%), Fiber: 3.24g (12.97%), Vitamin B1: 0.18mg (11.83%), Vitamin B6: 0.21mg (10.3%), Magnesium: 38.6mg (9.65%), Vitamin B5: 0.9mg (9.02%), Phosphorus: 84.56mg (8.46%), Potassium: 288.5mg (8.24%), Vitamin B2: 0.13mg (7.62%), Calcium: 59.55mg (5.95%), Copper: 0.11mg (5.26%), Vitamin B3: 0.88mg (4.38%), Vitamin E: 0.53mg (3.53%), Zinc: 0.44mg (2.94%), Selenium: 0.94µg (1.34%)