



Orange-Ginger Sugar Snaps



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



9 min.

SERVINGS



4

CALORIES



35 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon sesame oil dark
- ☐ 0.5 teaspoon ginger fresh grated peeled
- ☐ 2 green onions sliced
- ☐ 1 teaspoon orange rind grated
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce sugar snap peas

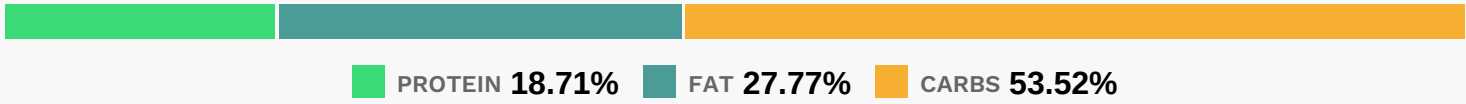
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a nonstick skillet over medium heat; add onions and ginger. Saut 2 minutes; add sugar snap peas, and saut 2 minutes or just until crisp-tender.
- ☐ Remove from heat; stir in orange rind and salt.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.1, Inflammation Score:-6, Nutrition Score:6.5439129601354%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 35.26kcal (1.76%), Fat: 1.13g (1.73%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 4.89g (1.63%), Net Carbohydrates: 3.2g (1.16%), Sugar: 2.41g (2.68%), Cholesterol: 0mg (0%), Sodium: 148.62mg (6.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Vitamin C: 35.84mg (43.44%), Vitamin K: 26.73µg (25.46%), Vitamin A: 678.24IU (13.56%), Manganese: 0.15mg (7.44%), Iron: 1.27mg (7.08%), Folate: 27.83µg (6.96%), Fiber: 1.69g (6.75%), Vitamin B1: 0.09mg (5.93%), Vitamin B6: 0.1mg (4.78%), Vitamin B5: 0.43mg (4.33%), Potassium: 132.09mg (3.77%), Magnesium: 15.03mg (3.76%), Phosphorus: 32.46mg (3.25%), Vitamin B2: 0.05mg (2.98%), Calcium: 29.64mg (2.96%), Copper: 0.05mg (2.55%), Vitamin B3: 0.38mg (1.89%), Vitamin E: 0.27mg (1.8%), Zinc: 0.18mg (1.19%)