



## Sauteed Asparagus and Snap Peas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



66 kcal

SIDE DISH

### Ingredients

- 1 pound asparagus
- 8 servings pepper black freshly ground
- 8 servings kosher salt
- 2 tablespoons olive oil good
- 8 servings pepper flakes red
- 8 servings sea salt for serving
- 0.8 pound sugar snap peas

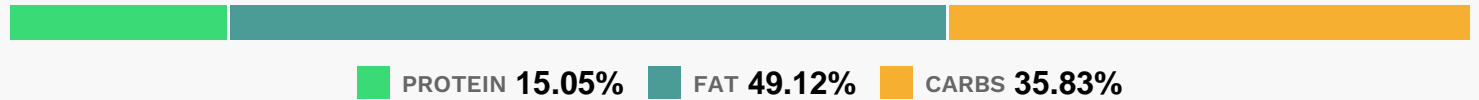
### Equipment

frying pan

## Directions

- Watch how to make this recipe.
- Cut off the tough ends of the asparagus and slice the stalks diagonally into 2-inch pieces. Snap off the stem ends of the snap peas and pull the string down the length of the vegetable.
- Warm the olive oil in a large saute pan over a medium heat and add the asparagus and snap peas.
- Add the salt, pepper, and red pepper flakes, to taste, if desired. Cook for approximately 5 to 10 minutes until al dente, tossing occasionally.
- Sprinkle with sea salt and serve hot.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.34, Inflammation Score:-8, Nutrition Score:10.317391302275%

## Flavonoids

Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

## Nutrients (% of daily need)

Calories: 66.03kcal (3.3%), Fat: 3.94g (6.06%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 6.47g (2.16%), Net Carbohydrates: 3.45g (1.25%), Sugar: 2.91g (3.23%), Cholesterol: 0mg (0%), Sodium: 423.3mg (18.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Vitamin K: 38.6µg (36.76%), Vitamin C: 28.7mg (34.79%), Vitamin A: 1484.43IU (29.69%), Vitamin E: 2.07mg (13.83%), Iron: 2.48mg (13.76%), Fiber: 3.02g (12.07%), Manganese: 0.24mg (12.05%), Folate: 47.92µg (11.98%), Vitamin B1: 0.15mg (10%), Copper: 0.16mg (8.12%), Vitamin B6: 0.16mg (8.09%), Vitamin B2: 0.13mg (7.82%), Potassium: 240.02mg (6.86%), Phosphorus: 58.18mg (5.82%), Magnesium: 21.3mg (5.33%), Vitamin B3: 1.04mg (5.21%), Vitamin B5: 0.49mg (4.93%), Calcium: 39.21mg (3.92%), Zinc: 0.51mg (3.39%), Selenium: 2.02µg (2.88%)