



Sauteed Radishes and Sugar Snap Peas with Dill



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 teaspoon dill seed
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup orange juice
- ☐ 2 cups radishes thinly sliced (1 large bunch)
- ☐ 0.5 cup shallots thinly sliced

☐ 12 ounces sugar snap peas trimmed

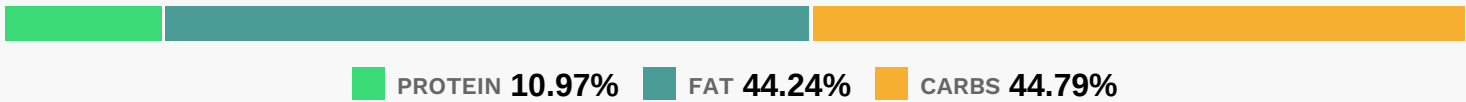
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ This side dish would pair beautifully with roast lamb or salmon. To remove strings from fresh peas, just snap off the stem end and pull string lengthwise down each pod. Melt butter with oil in large nonstick skillet over medium heat.
- ☐ Add shallots and sauté until golden, about 5 minutes.
- ☐ Add sugar snap peas and radishes; sauté until crisp-tender, about 5 minutes.
- ☐ Add orange juice and dill seeds; stir 1 minute. Season with salt and pepper. Stir in chopped dill.
- ☐ Transfer to bowl; serve.
- ☐ To make this dish even faster, buy sugar snap peas with the strings already removed; they're sold in 8-ounce packages at some supermarkets.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:1.58, Inflammation Score:-7, Nutrition Score:8.5013042924845%

Flavonoids

Pelargonidin: 24.41mg, Pelargonidin: 24.41mg, Pelargonidin: 24.41mg, Pelargonidin: 24.41mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 87.3kcal (4.36%), Fat: 4.47g (6.88%), Saturated Fat: 1.56g (9.78%), Carbohydrates: 10.18g (3.39%), Net Carbohydrates: 7.36g (2.68%), Sugar: 5.41g (6.01%), Cholesterol: 5.02mg (1.67%), Sodium: 34.98mg (1.52%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.99%), Vitamin C: 46.62mg (56.5%), Vitamin K: 16.41µg (15.63%), Vitamin A: 704.12IU (14.08%), Manganese: 0.23mg (11.57%), Fiber: 2.82g (11.28%), Folate: 43.49µg (10.87%), Vitamin B6: 0.19mg (9.57%), Iron: 1.64mg (9.13%), Potassium: 295.23mg (8.44%), Vitamin B1: 0.11mg (7.5%), Magnesium: 23.73mg (5.93%), Vitamin B5: 0.57mg (5.69%), Phosphorus: 52.94mg (5.29%), Calcium: 48.51mg (4.85%), Copper: 0.09mg (4.44%), Vitamin E: 0.62mg (4.16%), Vitamin B2: 0.07mg (4.09%), Vitamin B3: 0.53mg (2.66%), Zinc: 0.37mg (2.44%), Selenium: 0.94µg (1.34%)