



WHATSheATE



Sautéed Snap Peas with Ricotta Salata and Mint



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



79 kcal

SIDE DISH

Ingredients

- ☐ 0.4 teaspoon pepper black freshly ground
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 0.3 cup pecorino crumbled
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 teaspoons lemon zest grated
- ☐ 1 tablespoon olive oil
- ☐ 16 ounce sugar snap peas trimmed

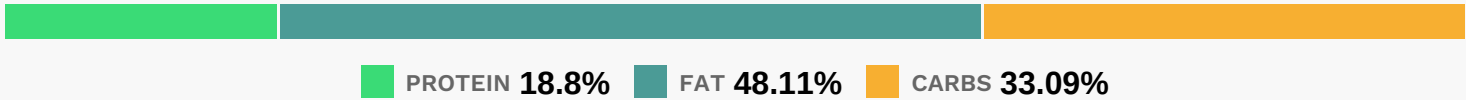
Equipment

☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl.
- ☐ Add peas; saut 3 minutes or until crisp-tender. Stir in mint, rind, pepper, and salt.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.13, Inflammation Score:-7, Nutrition Score:8.8469564888788%

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: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

Nutrients (% of daily need)

Calories: 78.65kcal (3.93%), Fat: 4.3g (6.62%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 4.41g (1.6%), Sugar: 3.08g (3.43%), Cholesterol: 7.03mg (2.34%), Sodium: 112.37mg (4.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.56%), Vitamin C: 46.8mg (56.73%), Vitamin A: 990.2IU (19.8%), Vitamin K: 20.66µg (19.68%), Manganese: 0.23mg (11.54%), Iron: 1.78mg (9.9%), Folate: 36.34µg (9.09%), Fiber: 2.25g (9%), Vitamin B1: 0.12mg (7.84%), Calcium: 68.41mg (6.84%), Vitamin B6: 0.13mg (6.57%), Phosphorus: 63.92mg (6.39%), Vitamin B5: 0.61mg (6.08%), Vitamin B2: 0.09mg (5.57%), Magnesium: 21.95mg (5.49%), Potassium: 182.39mg (5.21%), Vitamin E: 0.65mg (4.32%), Copper: 0.07mg (3.65%), Selenium: 2.54µg (3.62%), Zinc: 0.39mg (2.63%), Vitamin B3: 0.51mg (2.57%)