



 37%  
HEALTH SCORE

## Sauteed Snow Peas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



58 kcal

SIDE DISH

## Ingredients

- 0.3 teaspoon ginger fresh grated
- 2 garlic clove minced
- 1 teaspoon olive oil
- 0.5 cup onion chopped
- 0.5 teaspoon sesame oil
- 0.5 teaspoon sesame seed
- 3 cups snow peas fresh washed
- 1 teaspoon soya sauce

0.3 teaspoon sugar

## Equipment

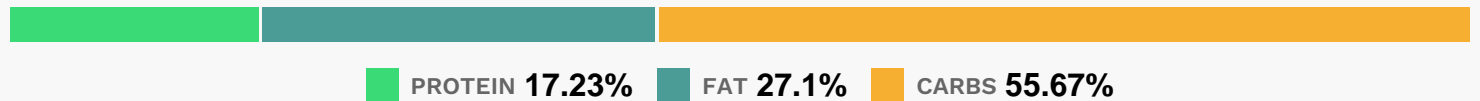
## Directions

In a small bowl, combine soy sauce, garlic, ginger and sugar; set aside.

Heat olive oil and sesame oil in a large nonstick skillet over medium-high heat; add onion; cook, stirring frequently, for 1 minute. Add snow peas and soy sauce mixture (and sesame seeds, if using them); cook, stirring frequently, for about 3 -4 minutes or until snow peas are crisp-tender.

Serve.

## Nutrition Facts



## Properties

Glycemic Index:48.02, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:8.2278260869565%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

## Nutrients (% of daily need)

Calories: 57.76kcal (2.89%), Fat: 1.8g (2.77%), Saturated Fat: 0.27g (1.66%), Carbohydrates: 8.33g (2.78%), Net Carbohydrates: 6g (2.18%), Sugar: 4.08g (4.53%), Cholesterol: 0mg (0%), Sodium: 87.85mg (3.82%), Protein: 2.58g (5.16%), Vitamin C: 46.05mg (55.82%), Vitamin K: 19.15µg (18.24%), Vitamin A: 799.5IU (15.99%), Manganese: 0.24mg (12.21%), Fiber: 2.33g (9.31%), Iron: 1.67mg (9.3%), Folate: 35.24µg (8.81%), Vitamin B1: 0.13mg (8.36%), Vitamin B6: 0.17mg (8.27%), Vitamin B5: 0.59mg (5.91%), Magnesium: 21.55mg (5.39%), Potassium: 187.1mg (5.35%), Phosphorus: 50.62mg (5.06%), Calcium: 41.69mg (4.17%), Copper: 0.08mg (4.14%), Vitamin B2: 0.07mg (4.05%), Vitamin E: 0.44mg (2.96%), Vitamin B3: 0.55mg (2.73%), Zinc: 0.28mg (1.84%), Selenium: 0.93µg (1.33%)