



Sautéed Sugar Snap Peas

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



73 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 2 teaspoons juice of lemon
- 0.5 teaspoon salt
- 1 pound sugar snap peas fresh

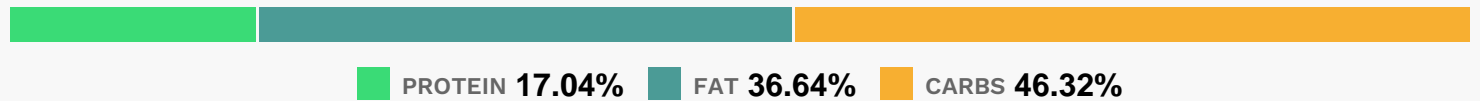
Equipment

- frying pan

Directions

- Cook fresh sugar snap peas in boiling salted water 2 to 3 minutes or until crisp-tender.
- Drain and plunge into ice water to stop the cooking process.
- Drain. Melt butter in a large skillet; stir in peas, lemon juice, and 1/2 tsp. salt, and cook 1 minute or until thoroughly heated.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:11.393913034836%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 73.27kcal (3.66%), Fat: 3.07g (4.73%), Saturated Fat: 1.84g (11.53%), Carbohydrates: 8.74g (2.91%), Net Carbohydrates: 5.78g (2.1%), Sugar: 4.6g (5.11%), Cholesterol: 7.53mg (2.51%), Sodium: 317.75mg (13.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.43%), Vitamin C: 69.01mg (83.64%), Vitamin K: 28.59µg (27.23%), Vitamin A: 1320.25IU (26.41%), Manganese: 0.28mg (13.89%), Iron: 2.36mg (13.13%), Folate: 48.23µg (12.06%), Fiber: 2.96g (11.82%), Vitamin B1: 0.17mg (11.39%), Vitamin B6: 0.18mg (9.13%), Vitamin B5: 0.86mg (8.58%), Magnesium: 27.44mg (6.86%), Potassium: 230.27mg (6.58%), Phosphorus: 61.14mg (6.11%), Vitamin B2: 0.09mg (5.43%), Calcium: 49.93mg (4.99%), Copper: 0.09mg (4.51%), Vitamin E: 0.53mg (3.51%), Vitamin B3: 0.68mg (3.42%), Zinc: 0.31mg (2.08%), Selenium: 0.83µg (1.19%)