



Seared Sugar Snap Peas



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 pound sugar snap peas
- ☐ 3 green onions sliced
- ☐ 4 servings salt
- ☐ 1 pinch sugar
- ☐ 4 servings lemon zest
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 4 servings bell pepper black to taste

☐ 4 servings juice of lemon to taste

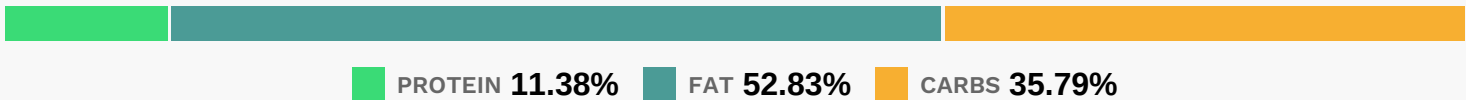
Equipment

☐ frying pan

Directions

- ☐ Heat a large sauté pan on high heat for 1 minute.
- ☐ Add the olive oil to the hot pan and heat it until it shimmers, about 1–2 minutes.
- ☐ Add the sugar peas and toss to coat with the oil.
- ☐ Sprinkle salt over them and toss again. Allow to cook, undisturbed, for 1 minute.
- ☐ Add the green onions and sprinkle with a pinch of sugar. Toss to combine.
- ☐ Let cook for 1 minute. Toss and cook untouched again, this time leaving everything undisturbed for 2 minutes.
- ☐ off the heat, mix in the lemon zest and mint, then add black pepper and lemon juice to taste.
- ☐ Serve at once.

Nutrition Facts



Properties

Glycemic Index:33.52, Glycemic Load:0.32, Inflammation Score:-8, Nutrition Score:14.144782615745%

Flavonoids

Eriodictyol: 1.89mg, Eriodictyol: 1.89mg, Eriodictyol: 1.89mg, Eriodictyol: 1.89mg Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 119.62kcal (5.98%), Fat: 7.32g (11.26%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 7.59g (2.76%), Sugar: 5.38g (5.98%), Cholesterol: 0mg (0%), Sodium: 201.25mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.09%), Vitamin C: 76.99mg (93.32%), Vitamin K: 51.36µg (48.91%), Vitamin A: 1483.21IU (29.66%), Manganese: 0.35mg (17.51%), Iron: 2.75mg (15.26%), Folate: 60.71µg

(15.18%), Fiber: 3.57g (14.3%), Vitamin B1: 0.18mg (12.13%), Vitamin E: 1.52mg (10.16%), Vitamin B6: 0.2mg (9.96%), Vitamin B5: 0.89mg (8.92%), Potassium: 290.19mg (8.29%), Magnesium: 33.12mg (8.28%), Phosphorus: 67.55mg (6.76%), Calcium: 66.16mg (6.62%), Vitamin B2: 0.11mg (6.5%), Copper: 0.11mg (5.67%), Vitamin B3: 0.81mg (4.04%), Zinc: 0.39mg (2.62%), Selenium: 0.87µg (1.24%)