



Sesame-Glazed Snap Peas with Pearl Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



91 kcal

SIDE DISH

Ingredients

- ☐ 1 bag pearl onions frozen
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoon sesame oil
- ☐ 2 teaspoons sesame seed
- ☐ 2 cups snap peas fresh
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon water

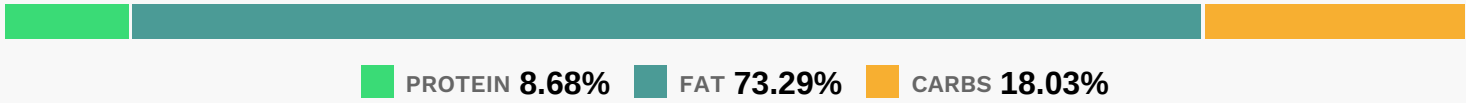
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add snap peas, soy sauce, pearl onions and 1 tablespoon of water and cook 3 to 5 minutes, until vegetables are tender and golden and water evaporates. Stir in sesame seeds and cook 1 minute, until seeds are golden.
- ☐ Remove from heat and stir in salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:5.5960869270822%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 90.99kcal (4.55%), Fat: 7.6g (11.69%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 2.78g (1.01%), Sugar: 2.05g (2.28%), Cholesterol: 0mg (0%), Sodium: 447.43mg (19.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.05%), Vitamin C: 29.42mg (35.66%), Vitamin K: 13.2µg (12.57%), Vitamin A: 532.72IU (10.65%), Manganese: 0.17mg (8.37%), Iron: 1.27mg (7.08%), Fiber: 1.43g (5.73%), Vitamin B1: 0.08mg (5.61%), Folate: 22.41µg (5.6%), Vitamin B6: 0.1mg (4.78%), Copper: 0.09mg (4.32%), Magnesium: 17.14mg (4.28%), Vitamin B5: 0.39mg (3.85%), Phosphorus: 38.18mg (3.82%), Potassium: 112.63mg (3.22%), Calcium: 32.01mg (3.2%), Vitamin B2: 0.05mg (2.86%), Vitamin B3: 0.52mg (2.59%), Vitamin E: 0.29mg (1.94%), Zinc: 0.23mg (1.54%), Selenium: 0.72µg (1.04%)