



Sesame Snap Peas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



54 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon chili oil
- ☐ 1 pinch freshly cracked pepper black
- ☐ 1 pinch sea salt to taste
- ☐ 1.5 teaspoons asian sesame oil toasted
- ☐ 1 tablespoon sesame seed
- ☐ 2 cups sugar snap peas trimmed

Equipment

- ☐ frying pan

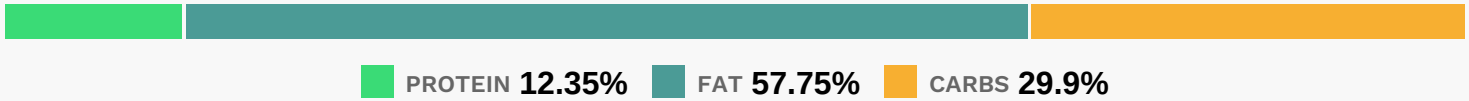
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wok

Directions

- ☐ Heat the sesame oil and chili oil in a wok or skillet over medium-high heat until the oil shimmers with heat. Cook and stir the snap peas until they turn bright green and start to become tender, about 4 minutes.
- ☐ Sprinkle with salt and black pepper as they cook.
- ☐ Sprinkle peas with sesame seeds, and stir a few times to mix before serving.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:5.7747826368912%

Nutrients (% of daily need)

Calories: 54.2kcal (2.71%), Fat: 3.59g (5.53%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 2.67g (0.97%), Sugar: 1.97g (2.18%), Cholesterol: 0mg (0%), Sodium: 11.89mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin C: 29.4mg (35.64%), Vitamin K: 13.1µg (12.47%), Vitamin A: 532.95IU (10.66%), Manganese: 0.17mg (8.6%), Iron: 1.32mg (7.32%), Fiber: 1.52g (6.07%), Copper: 0.12mg (6.03%), Vitamin B1: 0.09mg (5.96%), Folate: 22.52µg (5.63%), Magnesium: 18.82mg (4.71%), Vitamin B6: 0.09mg (4.71%), Calcium: 40.7mg (4.07%), Phosphorus: 38.59mg (3.86%), Vitamin B5: 0.37mg (3.69%), Potassium: 107.7mg (3.08%), Vitamin B2: 0.04mg (2.6%), Vitamin E: 0.36mg (2.41%), Vitamin B3: 0.38mg (1.92%), Zinc: 0.29mg (1.92%), Selenium: 1.03µg (1.47%)