



 **67%**
HEALTH SCORE

Sesame Snow Peas

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



80 kcal

SIDE DISH

Ingredients

- 1 carrots julienned
- 1 orange juice
- 1 cranberry-orange relish grated
- 0.5 teaspoon sesame oil
- 1 tablespoon sesame seed toasted
- 12 ounces snow peas

Equipment

Nutrition Facts

PROTEIN 15.63% FAT 18.92% CARBS 65.45%

Properties

Glycemic Index:44.08, Glycemic Load:2.67, Inflammation Score:-10, Nutrition Score:14.465652173913%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 10.72mg, Hesperetin: 10.72mg, Hesperetin: 10.72mg, Hesperetin: 10.72mg Naringenin: 5.34mg, Naringenin: 5.34mg, Naringenin: 5.34mg, Naringenin: 5.34mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 80kcal (4%), Fat: 1.77g (2.72%), Saturated Fat: 0.26g (1.6%), Carbohydrates: 13.78g (4.59%), Net Carbohydrates: 10.09g (3.67%), Sugar: 8.45g (9.39%), Cholesterol: 0mg (0%), Sodium: 14.29mg (0.62%), Protein: 3.29g (6.58%), Vitamin C: 76.85mg (93.15%), Vitamin A: 3576.01IU (71.52%), Vitamin K: 23.36µg (22.25%), Fiber: 3.69g (14.76%), Manganese: 0.29mg (14.44%), Folate: 54.88µg (13.72%), Vitamin B1: 0.2mg (13.03%), Iron: 2.17mg (12.05%), Vitamin B6: 0.2mg (9.93%), Potassium: 317.53mg (9.07%), Copper: 0.18mg (8.85%), Magnesium: 34.19mg (8.55%), Vitamin B5: 0.79mg (7.91%), Calcium: 75.85mg (7.59%), Phosphorus: 70.13mg (7.01%), Vitamin B2: 0.1mg (5.85%), Vitamin B3: 0.9mg (4.51%), Vitamin E: 0.51mg (3.4%), Zinc: 0.45mg (3.01%), Selenium: 1.48µg (2.11%)