



 **100%**
HEALTH SCORE

Sesame Snow Peas

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



16 min.

SERVINGS



4

CALORIES



203 kcal

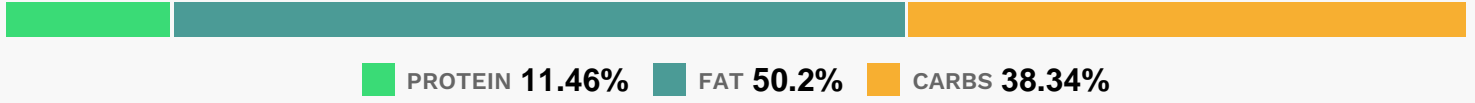
SIDE DISH

Ingredients

- 10 spring onion cut in 1-inch pieces (scallions) thin
- 4 servings bell pepper
- 4 servings bell pepper
- 2 tablespoons pinenuts (pignoli)
- 4 servings salt
- 2 tablespoons sesame oil
- 1 tablespoon sesame seed toasted
- 1 lb snow peas trimmed

Equipment

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:2.41, Inflammation Score:-10, Nutrition Score:27.707826086957%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 202.96kcal (10.15%), Fat: 12.14g (18.68%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 20.87g (6.96%), Net Carbohydrates: 13.59g (4.94%), Sugar: 11.68g (12.98%), Cholesterol: 0mg (0%), Sodium: 209.41mg (9.1%), Protein: 6.24g (12.48%), Vitamin C: 264.44mg (320.53%), Vitamin A: 6198.56IU (123.97%), Vitamin K: 101.4µg (96.57%), Manganese: 0.98mg (49.07%), Folate: 139.01µg (34.75%), Vitamin B6: 0.65mg (32.69%), Fiber: 7.28g (29.11%), Vitamin E: 3.53mg (23.54%), Iron: 4.01mg (22.29%), Vitamin B1: 0.3mg (20.07%), Potassium: 663.24mg (18.95%), Magnesium: 70.67mg (17.67%), Vitamin B2: 0.26mg (15.16%), Phosphorus: 151.27mg (15.13%), Copper: 0.29mg (14.38%), Vitamin B5: 1.36mg (13.62%), Vitamin B3: 2.61mg (13.03%), Calcium: 101.21mg (10.12%), Zinc: 1.27mg (8.49%), Selenium: 1.85µg (2.64%)