

 7%  
HEALTH SCORE

## Sesame Snow Peas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



83 kcal

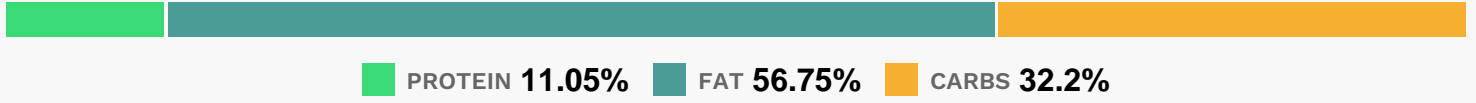
SIDE DISH

### Ingredients

- 1 medium carrots
- 2 teaspoons sesame oil dark
- 0.5 teaspoon ground ginger fresh grated
- 2 spring onion cut into 1/4 inch slices
- 1 tablespoon sesame seed toasted
- 0.5 lb snow peas chinese ( pea pods)
- 1 teaspoon soya sauce
- 2 teaspoons vegetable oil

# Equipment

## Nutrition Facts



### Properties

Glycemic Index:32.21, Glycemic Load:0.67, Inflammation Score:-9, Nutrition Score:10.713043478261%

### Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

### Nutrients (% of daily need)

Calories: 82.75kcal (4.14%), Fat: 5.42g (8.33%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 4.57g (1.66%), Sugar: 3.17g (3.52%), Cholesterol: 0mg (0%), Sodium: 97.83mg (4.25%), Protein: 2.37g (4.75%), Vitamin A: 3224.06IU (64.48%), Vitamin C: 36.05mg (43.7%), Vitamin K: 33.02µg (31.45%), Manganese: 0.31mg (15.48%), Iron: 1.69mg (9.39%), Fiber: 2.34g (9.36%), Folate: 32.79µg (8.2%), Vitamin B1: 0.12mg (7.68%), Copper: 0.14mg (7.07%), Vitamin B6: 0.14mg (6.79%), Magnesium: 24.79mg (6.2%), Potassium: 194.6mg (5.56%), Calcium: 53.82mg (5.38%), Phosphorus: 52.56mg (5.26%), Vitamin B5: 0.48mg (4.79%), Vitamin B2: 0.07mg (3.92%), Vitamin E: 0.57mg (3.81%), Vitamin B3: 0.7mg (3.48%), Zinc: 0.38mg (2.56%), Selenium: 1.29µg (1.84%)