



WHATSheATE



Sesame-Soy Snow Peas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



51 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon sesame oil dark
- ☐ 2 tablespoons soy sauce
- ☐ 4 cups snow peas trimmed

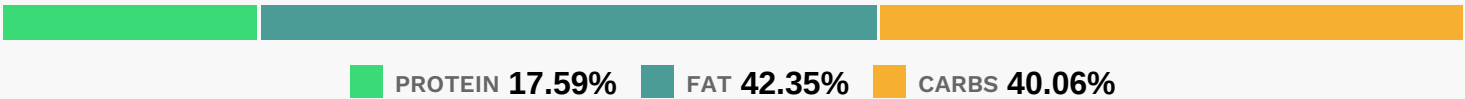
Equipment

- ☐ bowl

Directions

- ☐ Steam 4 cups trimmed snow peas 2 minutes or until crisp-tender.
- ☐ Combine 2 tablespoons lower-sodium soy sauce*, 1 tablespoon dark sesame oil, and 1/4 teaspoon freshly ground black pepper in a large bowl.
- ☐ Add snow peas; toss to coat.
- ☐ *Check for gluten.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:6.8221739245498%

Nutrients (% of daily need)

Calories: 51.32kcal (2.57%), Fat: 2.48g (3.82%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 3.53g (1.28%), Sugar: 2.64g (2.93%), Cholesterol: 0mg (0%), Sodium: 194.63mg (8.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Vitamin C: 39.2mg (47.52%), Vitamin K: 16.79µg (15.99%), Vitamin A: 710.63IU (14.21%), Manganese: 0.19mg (9.63%), Iron: 1.44mg (7.99%), Folate: 29.8µg (7.45%), Fiber: 1.76g (7.03%), Vitamin B1: 0.1mg (6.68%), Vitamin B6: 0.11mg (5.67%), Vitamin B5: 0.51mg (5.08%), Magnesium: 19.5mg (4.88%), Phosphorus: 43.61mg (4.36%), Potassium: 150.55mg (4.3%), Vitamin B2: 0.07mg (3.84%), Calcium: 30.06mg (3.01%), Copper: 0.06mg (2.77%), Vitamin B3: 0.45mg (2.27%), Vitamin E: 0.31mg (2.07%), Zinc: 0.22mg (1.46%)