



Sesame Sugar Snap Peas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons brown sugar
- 8 ounce water chestnuts drained sliced canned
- 2 teaspoons cornstarch
- 1 teaspoon sesame oil dark
- 1 tablespoon gingerroot peeled chopped
- 0.3 cup soya sauce low-sodium
- 16 ounce sugar snap peas frozen

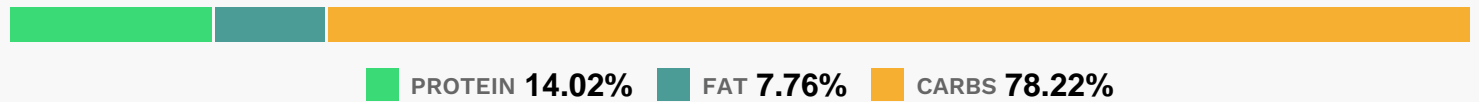
Equipment

frying pan

Directions

- Coat a large nonstick skillet with cooking spray; add oil.
- Place over medium-high heat until hot.
- Add peas and water chestnuts; saute 4 to 5 minutes or until peas are crisp-tender.
- Combine soy sauce and remaining 3 ingredients, stirring until smooth.
- Add to vegetable mixture. Bring to a boil, and cook, stirring constantly, 2 minutes or until thickened and bubbly.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:3.8526086755421%

Nutrients (% of daily need)

Calories: 39.78kcal (1.99%), Fat: 0.36g (0.55%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 6.69g (2.43%), Sugar: 4.15g (4.61%), Cholesterol: 0mg (0%), Sodium: 156.78mg (6.82%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin C: 18.47mg (22.39%), Vitamin K: 7.64µg (7.28%), Vitamin A: 328.7IU (6.57%), Manganese: 0.12mg (5.94%), Fiber: 1.42g (5.67%), Iron: 0.91mg (5.07%), Vitamin B6: 0.09mg (4.72%), Folate: 16.01µg (4%), Vitamin B1: 0.05mg (3.32%), Potassium: 108.4mg (3.1%), Magnesium: 11.82mg (2.96%), Phosphorus: 27.91mg (2.79%), Vitamin B5: 0.28mg (2.78%), Copper: 0.05mg (2.59%), Vitamin B2: 0.04mg (2.37%), Calcium: 17.26mg (1.73%), Vitamin E: 0.26mg (1.72%), Vitamin B3: 0.32mg (1.6%), Zinc: 0.21mg (1.38%)