



Snap Pea and Pea Shoot Stir-Fry with Gingery Orange Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



6

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons canola oil
- ☐ 1 teaspoon apple cider vinegar
- ☐ 1.3 teaspoons cornstarch
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 teaspoon ground ginger
- ☐ 2 tablespoons soy sauce
- ☐ 0.3 cup orange juice fresh

- ☐ 2 cups pea shoots
- ☐ 0.3 cup bell pepper red sliced
- ☐ 0.5 teaspoon sriracha such as huy fong) hot
- ☐ 1 pound sugar snap peas trimmed

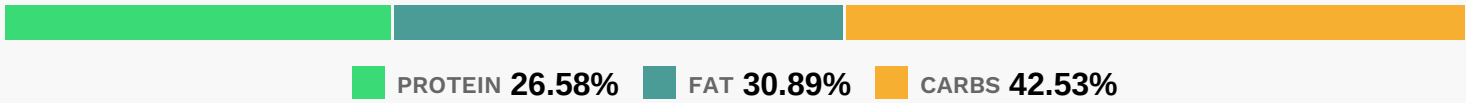
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Combine the first 7 ingredients in a small bowl, and stir well with a whisk.
- ☐ Heat a wok or large, heavy skillet over medium-high heat.
- ☐ Add canola oil to pan, swirling to coat.
- ☐ Add bell pepper and peas; stir-fry 2 minutes. Stir in juice mixture; cook 1 minute or until thick and bubbly, stirring constantly. Top with pea shoots.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:0.66, Inflammation Score:-8, Nutrition Score:11.457826085713%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 76.38kcal (3.82%), Fat: 2.7g (4.16%), Saturated Fat: 0.32g (2%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 5.96g (2.17%), Sugar: 4.44g (4.94%), Cholesterol: 0mg (0%), Sodium: 220.21mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Vitamin C: 115.79mg (140.35%), Vitamin A: 1423.21IU (28.46%), Vitamin K: 20.37µg (19.4%), Manganese: 0.33mg (16.56%), Fiber: 3.83g (15.31%), Folate: 41.07µg (10.27%), Iron: 1.77mg (9.84%), Vitamin B1: 0.13mg (8.64%), Vitamin B6: 0.16mg (8.02%), Vitamin B5: 0.63mg (6.32%), Magnesium: 24.74mg (6.18%), Potassium: 213.6mg (6.1%), Phosphorus: 53.55mg (5.35%), Vitamin B2: 0.08mg (4.96%), Vitamin E: 0.69mg (4.63%), Calcium: 36.3mg (3.63%), Copper: 0.07mg (3.51%), Vitamin B3: 0.67mg (3.35%), Zinc: 0.29mg (1.9%), Selenium: 0.77µg (1.1%)