



Snap Pea and Radish Sauté



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



64 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup radishes thinly sliced
- ☐ 0.1 teaspoon salt
- ☐ 12 ounces sugar snap peas trimmed
- ☐ 6 cups water

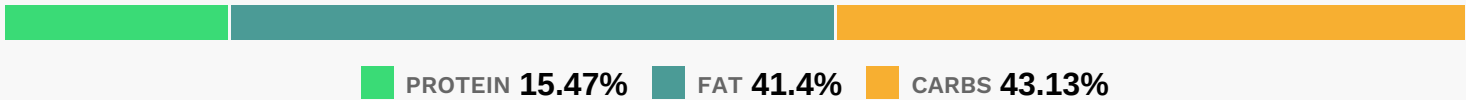
Equipment

☐ sauce pan

Directions

- ☐ Bring water to a boil in a large saucepan.
- ☐ Add sugar snap peas; cook 30 seconds or until crisp-tender.
- ☐ Drain and rinse with cold water; drain.
- ☐ Cut half of peas in half diagonally.
- ☐ Heat butter in a large saucepan over medium-high heat; swirl until butter melts. Stir in lemon juice.
- ☐ Add peas and radishes; toss to coat.
- ☐ Sprinkle with chives, pepper, and salt.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:0.11, Inflammation Score:-7, Nutrition Score:9.421304281963%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 63.95kcal (3.2%), Fat: 3.04g (4.67%), Saturated Fat: 1.84g (11.5%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 4.62g (1.68%), Sugar: 3.72g (4.13%), Cholesterol: 7.53mg (2.51%), Sodium: 122.04mg (5.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Vitamin C: 54.09mg (65.57%), Vitamin K: 23.5µg (22.38%), Vitamin A: 1046.36IU (20.93%), Manganese: 0.24mg (11.83%), Iron: 1.84mg (10.25%), Folate: 40.51µg (10.13%), Fiber: 2.5g (9.99%), Vitamin B1: 0.13mg (8.7%), Vitamin B6: 0.15mg (7.42%), Copper: 0.13mg (6.72%),

Vitamin B5: 0.67mg (6.71%), Magnesium: 26.09mg (6.52%), Potassium: 209.91mg (6%), Calcium: 53.05mg (5.3%), Phosphorus: 49.55mg (4.95%), Vitamin B2: 0.08mg (4.48%), Vitamin E: 0.42mg (2.78%), Vitamin B3: 0.56mg (2.78%), Zinc: 0.32mg (2.1%), Selenium: 0.73µg (1.05%)