



## Snap Pea Sauté

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



81 kcal

SIDE DISH

## Ingredients

- 1 tablespoon sesame oil dark
- 1 tablespoon ginger fresh minced peeled
- 1.5 teaspoons lower-sodium soy sauce
- 1 tablespoon rice vinegar
- 2 teaspoons sesame seed toasted
- 2 cups snow peas trimmed
- 2 cups sugar snap peas trimmed

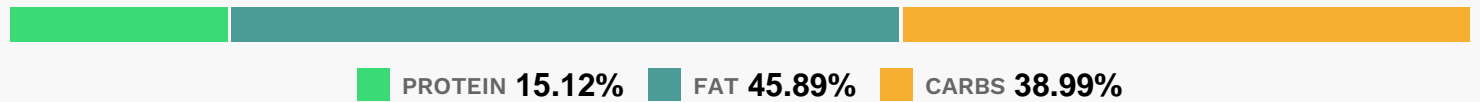
## Equipment

frying pan

## Directions

- Heat a large skillet over medium-high heat.
- Add sesame oil; swirl to coat.
- Add ginger to pan; cook 30 seconds, stirring constantly.
- Add sugar snap peas and snow peas. Stir-fry 2 minutes.
- Add vinegar and soy sauce to pan; cook 30 seconds.
- Sprinkle with toasted sesame seeds.

## Nutrition Facts



## Properties

Glycemic Index:25, Glycemic Load:0.08, Inflammation Score:-7, Nutrition Score:10.311304247898%

## Nutrients (% of daily need)

Calories: 81.02kcal (4.05%), Fat: 4.21g (6.48%), Saturated Fat: 0.61g (3.81%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 5.34g (1.94%), Sugar: 3.96g (4.4%), Cholesterol: 0mg (0%), Sodium: 71.84mg (3.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.25%), Vitamin C: 58.89mg (71.38%), Vitamin K: 24.98µg (23.79%), Vitamin A: 1065.35IU (21.31%), Manganese: 0.28mg (13.89%), Iron: 2.22mg (12.34%), Fiber: 2.71g (10.86%), Folate: 43.15µg (10.79%), Vitamin B1: 0.16mg (10.41%), Vitamin B6: 0.17mg (8.53%), Vitamin B5: 0.75mg (7.45%), Magnesium: 29.12mg (7.28%), Phosphorus: 62.1mg (6.21%), Copper: 0.12mg (6.17%), Potassium: 214.62mg (6.13%), Calcium: 52.97mg (5.3%), Vitamin B2: 0.09mg (5.06%), Vitamin B3: 0.67mg (3.34%), Vitamin E: 0.45mg (2.97%), Zinc: 0.36mg (2.42%), Selenium: 1.07µg (1.53%)