



 **57%**  
HEALTH SCORE

## Snap Peas with Crispy Shallots

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



217 kcal

SIDE DISH

### Ingredients

- 3 tablespoons flour all-purpose
- 0.5 juice of lemon
- 0.3 cup olive oil
- 0.7 cup shallots thinly sliced ( 2 to 3 medium)
- 1 pound sugar snap peas
- 2 tablespoons water

### Equipment

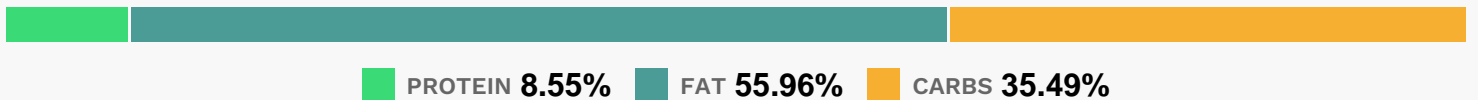
- bowl

- frying pan
- paper towels
- sieve
- slotted spoon

## Directions

- Line a large plate with paper towels and set aside.
- Place flour in a medium bowl and season with salt and pepper.
- Heat oil in a medium frying pan over medium-high heat until shimmering.
- Add shallots to the flour and toss with your fingers to combine.
- Transfer shallots to a mesh strainer and shake to remove any excess flour.
- Place shallots in a single layer in the hot oil and cook, stirring frequently with a slotted spoon, until they're golden brown all over, about 2 to 3 minutes.
- Remove to the paper-towel-lined plate. Season with salt and set aside.
- Pour off all of the oil from the pan and discard. Wipe out the pan with a paper towel and return it to medium heat.
- Add snap peas and water and season with salt and pepper. Sauté until heated through, about 3 minutes.
- Remove snap peas from heat, sprinkle with lemon juice, and toss to coat. Taste and season with more salt and pepper as needed. Immediately transfer to a serving platter, top with crispy shallots, and serve.

## Nutrition Facts



## Properties

Glycemic Index:26.25, Glycemic Load:4.71, Inflammation Score:-8, Nutrition Score:14.926521985427%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 216.66kcal (10.83%), Fat: 13.83g (21.28%), Saturated Fat: 1.92g (12.03%), Carbohydrates: 19.74g (6.58%), Net Carbohydrates: 15.36g (5.59%), Sugar: 7.75g (8.61%), Cholesterol: 0mg (0%), Sodium: 10.06mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.51%), Vitamin C: 72.64mg (88.05%), Vitamin K: 36.81µg (35.06%), Vitamin A: 1234.44IU (24.69%), Manganese: 0.43mg (21.53%), Folate: 72.08µg (18.02%), Iron: 3.17mg (17.62%), Fiber: 4.37g (17.49%), Vitamin B6: 0.32mg (16.08%), Vitamin E: 2.41mg (16.07%), Vitamin B1: 0.24mg (15.92%), Potassium: 368.51mg (10.53%), Vitamin B5: 0.99mg (9.94%), Magnesium: 37.03mg (9.26%), Phosphorus: 90.13mg (9.01%), Vitamin B2: 0.13mg (7.47%), Copper: 0.13mg (6.71%), Calcium: 64.78mg (6.48%), Vitamin B3: 1.09mg (5.47%), Selenium: 3.18µg (4.54%), Zinc: 0.51mg (3.37%)