



Snap Peas With Roasted Garlic Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



49 kcal

SIDE DISH

Ingredients

- 0.5 cup feta cheese crumbled
- 0.5 teaspoon pepper
- 1 purple onion sliced
- 1 bell pepper red sliced
- 0.3 cup roasted garlic dressing
- 0.5 teaspoon salt
- 4 cups sugar snap peas fresh

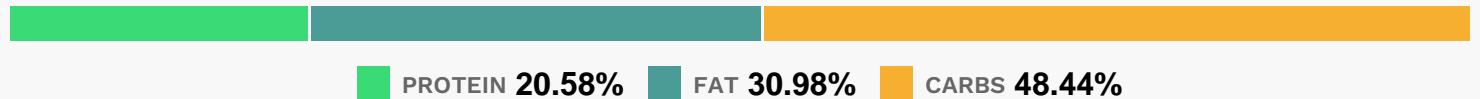
Equipment

frying pan

Directions

- Cook first 4 ingredients in a skillet over low heat, stirring constantly, 5 minutes or until thoroughly heated.
- Remove from heat; stir in remaining ingredients.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.8, Glycemic Load:0.78, Inflammation Score:-6, Nutrition Score:7.1878261339405%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 49.15kcal (2.46%), Fat: 1.76g (2.7%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 4.63g (1.68%), Sugar: 2.57g (2.85%), Cholesterol: 6.68mg (2.22%), Sodium: 204.86mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.26%), Vitamin C: 40.63mg (49.24%), Vitamin A: 831.42IU (16.63%), Vitamin K: 10.78µg (10.27%), Manganese: 0.2mg (9.76%), Vitamin B6: 0.18mg (9.24%), Folate: 26.55µg (6.64%), Vitamin B2: 0.11mg (6.57%), Calcium: 63.86mg (6.39%), Fiber: 1.55g (6.21%), Vitamin B1: 0.09mg (5.92%), Phosphorus: 57.69mg (5.77%), Iron: 1.01mg (5.59%), Vitamin B5: 0.44mg (4.39%), Potassium: 139.21mg (3.98%), Magnesium: 14.39mg (3.6%), Selenium: 1.95µg (2.79%), Zinc: 0.41mg (2.74%), Copper: 0.05mg (2.56%), Vitamin E: 0.36mg (2.4%), Vitamin B3: 0.46mg (2.32%), Vitamin B12: 0.13µg (2.11%)