



Snow Pea & Carrot Saute

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



5

CALORIES



108 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 2 medium carrots julienned
- 1 garlic clove minced
- 3 tablespoons honey
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 1 pound snow peas fresh

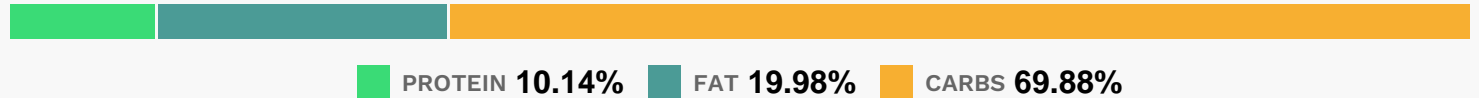
Equipment

frying pan

Directions

- In a large skillet, saute snow peas in butter for 3 minutes.
- Add carrots and garlic; saute 1–2 minutes longer or until vegetables are crisp–tender.
- Add remaining ingredients; heat through.

Nutrition Facts



Properties

Glycemic Index:42.22, Glycemic Load:6.25, Inflammation Score:-10, Nutrition Score:13.707391304348%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 107.51kcal (5.38%), Fat: 2.52g (3.87%), Saturated Fat: 1.48g (9.27%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 16.71g (6.08%), Sugar: 15.14g (16.82%), Cholesterol: 6.02mg (2.01%), Sodium: 155.36mg (6.75%), Protein: 2.87g (5.74%), Vitamin A: 5132.67IU (102.65%), Vitamin C: 56.12mg (68.03%), Vitamin K: 26.19µg (24.94%), Manganese: 0.28mg (14.15%), Fiber: 3.09g (12.37%), Iron: 2.03mg (11.28%), Folate: 43.1µg (10.78%), Vitamin B1: 0.15mg (10.24%), Vitamin B6: 0.19mg (9.48%), Potassium: 269.84mg (7.71%), Vitamin B5: 0.76mg (7.63%), Magnesium: 25.25mg (6.31%), Phosphorus: 58.79mg (5.88%), Vitamin B2: 0.09mg (5.48%), Calcium: 49.87mg (4.99%), Copper: 0.09mg (4.49%), Vitamin B3: 0.81mg (4.03%), Vitamin E: 0.58mg (3.87%), Zinc: 0.34mg (2.28%), Selenium: 0.88µg (1.25%)