



Snow Peas and Cherry Tomatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 12 cherry tomatoes halved
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 0.1 teaspoon salt
- ☐ 1.5 cups snow peas trimmed
- ☐ 0.5 teaspoon stick margarine
- ☐ 0.3 teaspoon sugar
- ☐ 3 tablespoons water

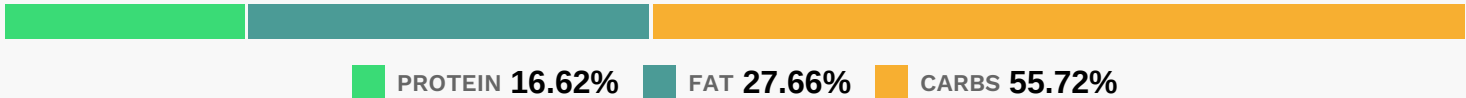
Equipment

☐ frying pan

Directions

- ☐ Combine first 4 ingredients in a large nonstick skillet. Cook over medium-high heat 2 minutes or until liquid almost evaporates.
- ☐ Add the tomatoes, and cook for 2 minutes or until tomatoes are thoroughly heated.
- ☐ Remove from heat; stir in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:51.05, Glycemic Load:0.36, Inflammation Score:-8, Nutrition Score:11.313043626268%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 69.17kcal (3.46%), Fat: 2.26g (3.47%), Saturated Fat: 0.39g (2.46%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 7.57g (2.75%), Sugar: 5.98g (6.64%), Cholesterol: 0mg (0%), Sodium: 172.28mg (7.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Vitamin C: 67.36mg (81.65%), Vitamin A: 1342.49IU (26.85%), Vitamin K: 21.57µg (20.54%), Manganese: 0.3mg (15.14%), Iron: 2.24mg (12.42%), Folate: 44.16µg (11.04%), Fiber: 2.66g (10.63%), Potassium: 371.58mg (10.62%), Vitamin B6: 0.2mg (9.93%), Vitamin B1: 0.15mg (9.82%), Copper: 0.14mg (7%), Vitamin B5: 0.69mg (6.86%), Magnesium: 27.3mg (6.82%), Phosphorus: 68mg (6.8%), Vitamin E: 0.91mg (6.08%), Vitamin B3: 0.99mg (4.93%), Vitamin B2: 0.08mg (4.82%), Calcium: 44.52mg (4.45%), Zinc: 0.35mg (2.3%), Selenium: 1.03µg (1.48%)