

What She Ate

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HEALTH SCORE

# Snow Peas Oriental

☒ Vegetarian ☒ Gluten Free ☒ Dairy Free

READY IN

ready

20 min.

SERVINGS

servings

2

CALORIES

calories

88 kcal

SIDE DISH

## Ingredients

- ☐ 0.5 cup carrots
- ☐ 0.5 cup chicken broth
- ☐ 1 teaspoon cornstarch
- ☐ 1 teaspoon sesame oil
- ☐ 0.5 pound snow peas
- ☐ 1 teaspoon soya sauce

## Equipment

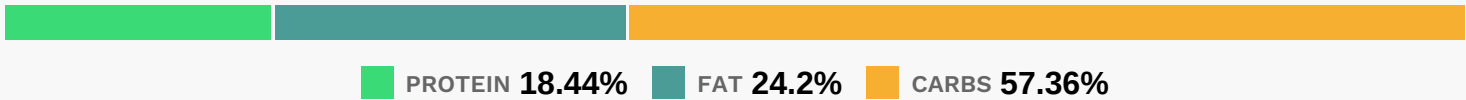
- ☐ bowl

- ☐ frying pan
- ☐ whisk

## Directions

- ☐ Whisk together the soy sauce and cornstarch in a bowl until cornstarch is completely dissolved; set aside.
- ☐ Prepare a skillet with cooking spray and place over medium heat; drizzle in the sesame oil.
- ☐ Place the snow peas and carrots in the skillet; cook and stir for 2 minutes.
- ☐ Pour the broth over the vegetables. Bring to a boil, cover and reduce heat to low; simmer until vegetables are slightly softened, about 5 minutes. Stir in the soy sauce mixture; continue to cook until the sauce has thickened.

## Nutrition Facts



## Properties

Glycemic Index:30.92, Glycemic Load:1.04, Inflammation Score:-10, Nutrition Score:16.295652309838%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 87.56kcal (4.38%), Fat: 2.43g (3.74%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 9.09g (3.3%), Sugar: 6.36g (7.06%), Cholesterol: 1.17mg (0.39%), Sodium: 412.25mg (17.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.33%), Vitamin A: 6579.73IU (131.59%), Vitamin C: 69.93mg (84.76%), Vitamin K: 32.85µg (31.28%), Manganese: 0.37mg (18.25%), Fiber: 3.88g (15.51%), Iron: 2.57mg (14.29%), Vitamin B1: 0.21mg (13.69%), Folate: 54.25µg (13.56%), Vitamin B6: 0.23mg (11.58%), Potassium: 346.16mg (9.89%), Vitamin B5: 0.95mg (9.54%), Vitamin B2: 0.15mg (8.74%), Magnesium: 32.87mg (8.22%), Phosphorus: 77.68mg (7.77%), Calcium: 62.29mg (6.23%), Vitamin B3: 1.24mg (6.21%), Copper: 0.12mg (5.87%), Vitamin E: 0.7mg (4.7%), Zinc: 0.44mg (2.92%), Selenium: 1.11µg (1.59%)