



Snow Peas + Wasabi Sesame Seeds



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



72 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup whipped chive cream cheese such as philadelphia brand
- ☐ 1 slices radishes thin
- ☐ 12 servings wasabi sesame seeds such as roland brand
- ☐ 24 snow peas

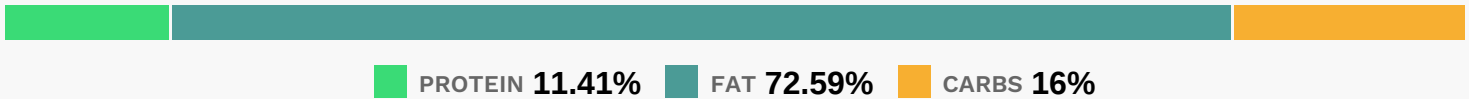
Equipment

- ☐ bowl
- ☐ ziploc bags

Directions

- ☐
- Remove outer string from snow peas; make a slit at top edge of each, and gently open (do not pull apart). In a small bowl, combine whipped chive cream cheese and freshly ground black pepper, stirring well; spoon into a heavy-duty zip-top plastic bag. Snip off 1 corner of bag; pipe cream cheese mixture into snow peas.
- ☐
- Place 2-3 thin radish slices into cream cheese mixture; sprinkle with wasabi sesame seeds.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:4.0326087448908%

Flavonoids

Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

Nutrients (% of daily need)

Calories: 71.89kcal (3.59%), Fat: 6.04g (9.29%), Saturated Fat: 1.88g (11.74%), Carbohydrates: 3g (1%), Net Carbohydrates: 1.82g (0.66%), Sugar: 0.58g (0.64%), Cholesterol: 5.86mg (1.95%), Sodium: 48.63mg (2.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.27%), Copper: 0.33mg (16.7%), Manganese: 0.22mg (10.95%), Calcium: 93mg (9.3%), Magnesium: 29.67mg (7.42%), Iron: 1.25mg (6.93%), Phosphorus: 53.44mg (5.34%), Fiber: 1.17g (4.69%), Vitamin B1: 0.07mg (4.5%), Zinc: 0.65mg (4.36%), Selenium: 2.83µg (4.04%), Vitamin B6: 0.07mg (3.68%), Vitamin C: 2.63mg (3.19%), Folate: 11.03µg (2.76%), Vitamin A: 113.45IU (2.27%), Vitamin B3: 0.4mg (1.99%), Potassium: 65.07mg (1.86%), Vitamin B2: 0.03mg (1.49%)