



Snow Peas with Ginger



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



42 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons sesame oil dark
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 8 ounces snow peas trimmed

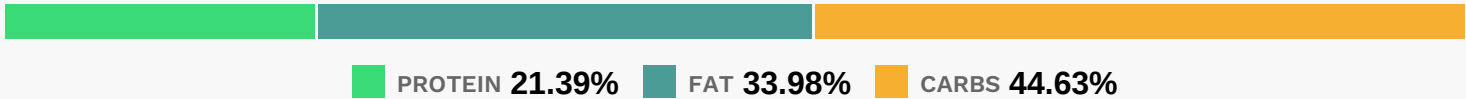
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add peas and ginger; saut 3 minutes.
- ☐ Remove from heat; stir in soy sauce and black pepper.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:6.1265217532282%

Nutrients (% of daily need)

Calories: 42.19kcal (2.11%), Fat: 1.64g (2.53%), Saturated Fat: 0.24g (1.5%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 3.3g (1.2%), Sugar: 2.32g (2.57%), Cholesterol: 0mg (0%), Sodium: 290.35mg (12.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.65%), Vitamin C: 34.04mg (41.27%), Vitamin K: 14.48µg (13.79%), Vitamin A: 616.66IU (12.33%), Manganese: 0.18mg (9.07%), Iron: 1.3mg (7.2%), Folate: 27.4µg (6.85%), Fiber: 1.56g (6.22%), Vitamin B1: 0.09mg (5.9%), Vitamin B6: 0.1mg (5.23%), Magnesium: 19.45mg (4.86%), Vitamin B5: 0.45mg (4.53%), Phosphorus: 43.6mg (4.36%), Potassium: 144.46mg (4.13%), Vitamin B2: 0.06mg (3.81%), Calcium: 27.14mg (2.71%), Copper: 0.05mg (2.53%), Vitamin B3: 0.44mg (2.18%), Vitamin E: 0.28mg (1.85%), Zinc: 0.22mg (1.46%)