



Snow Peas with Orange Liqueur

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 tablespoons butter
- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 0.3 cup liqueur orange-flavored recommended: Grand Marnier
- ☐ 1 teaspoon salt
- ☐ 30 ounce snow peas frozen
- ☐ 1 teaspoon sugar
- ☐ 1 cup water

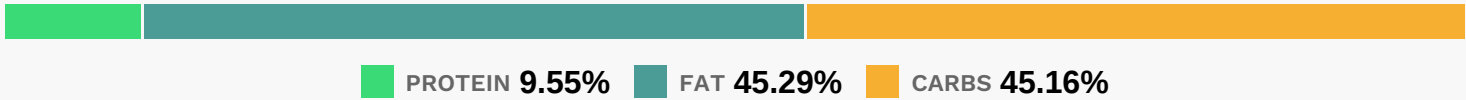
Equipment

☐ frying pan

Directions

- ☐ Bring 1 cup of water to a boil and add the sugar. Drop in the snow peas and cook until barely tender, drain, and return to pan.
- ☐ Add the water chestnuts, orange liqueur, butter, mint, and salt. Cook over medium-low heat until heated through.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:0.35, Inflammation Score:-8, Nutrition Score:12.146521563115%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg

Nutrients (% of daily need)

Calories: 155.02kcal (7.75%), Fat: 7.37g (11.34%), Saturated Fat: 4.56g (28.48%), Carbohydrates: 16.53g (5.51%), Net Carbohydrates: 12.56g (4.57%), Sugar: 8.22g (9.13%), Cholesterol: 18.81mg (6.27%), Sodium: 357.06mg (15.52%), Alcohol: 1.92g (100%), Alcohol %: 1.33% (100%), Protein: 3.5g (6.99%), Vitamin C: 64.75mg (78.49%), Vitamin A: 1427.36IU (28.55%), Vitamin K: 27.28µg (25.98%), Manganese: 0.32mg (16.09%), Fiber: 3.97g (15.88%), Iron: 2.67mg (14.83%), Folate: 48.89µg (12.22%), Vitamin B6: 0.24mg (12.11%), Vitamin B1: 0.17mg (11.07%), Vitamin B5: 0.87mg (8.74%), Potassium: 276.28mg (7.89%), Magnesium: 29.48mg (7.37%), Copper: 0.14mg (7.01%), Phosphorus: 68.3mg (6.83%), Vitamin B2: 0.1mg (6.06%), Vitamin E: 0.84mg (5.59%), Calcium: 53.7mg (5.37%), Vitamin B3: 0.83mg (4.16%), Zinc: 0.48mg (3.21%), Selenium: 1.17µg (1.67%)