



Snow Peas with Pine Nuts and Mint



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



11 min.

SERVINGS



2

CALORIES



295 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.5 pound snow peas dried rinsed
- ☐ 0.3 cup pinenuts
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon sesame oil dark
- ☐ 10 large mint leaves chopped

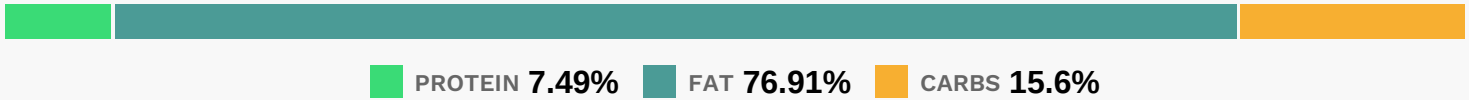
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a large skillet on medium high heat.
- ☐ Add the snow peas, garlic, and pine nuts. Stir to coat with the oil. Cook for 1-2 minutes, stirring.
- ☐ You do not want to overcook the snow peas or they will get limp. They should still be a little bit crunchy.
- ☐ Remove from heat. Stir in the sesame oil and chopped mint leaves.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.14, Inflammation Score:-9, Nutrition Score:20.0199999996476%

Flavonoids

Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 295.11kcal (14.76%), Fat: 26.32g (40.5%), Saturated Fat: 2.89g (18.05%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 8.01g (2.91%), Sugar: 5.16g (5.73%), Cholesterol: 0mg (0%), Sodium: 6.96mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.54%), Manganese: 1.85mg (92.3%), Vitamin C: 70.23mg (85.13%), Vitamin K: 45.97µg (43.78%), Vitamin A: 1450.07IU (29%), Vitamin E: 4.04mg (26.94%), Iron: 3.65mg (20.28%), Magnesium: 73.95mg (18.49%), Copper: 0.33mg (16.66%), Phosphorus: 163.08mg (16.31%), Fiber: 4g (16.02%), Vitamin B1: 0.24mg (15.91%), Folate: 59.11µg (14.78%), Vitamin B6: 0.22mg (11.12%), Potassium: 362.14mg (10.35%), Zinc: 1.47mg (9.78%), Vitamin B5: 0.93mg (9.29%), Vitamin B2: 0.14mg (8.47%), Vitamin B3: 1.52mg (7.59%), Calcium: 66.47mg (6.65%), Selenium: 1.12µg (1.61%)