



Snow Peas with Sesame Seeds

 Vegetarian  Gluten Free

READY IN



17 min.

SERVINGS



6

CALORIES



73 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 6 servings pepper black
- 3 tablespoons sesame seed
- 1 tablespoon shallots chopped
- 1 lb snow peas
- 2 cups water

Equipment

Nutrition Facts

PROTEIN 15.28% FAT 47.87% CARBS 36.85%

Properties

Glycemic Index:24.5, Glycemic Load:0.24, Inflammation Score:-7, Nutrition Score:9.4204347826087%

Nutrients (% of daily need)

Calories: 72.85kcal (3.64%), Fat: 4.04g (6.21%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 4.47g (1.63%), Sugar: 3.17g (3.52%), Cholesterol: 5.02mg (1.67%), Sodium: 22.63mg (0.98%), Protein: 2.9g (5.8%), Vitamin C: 45.49mg (55.14%), Vitamin K: 19.24µg (18.32%), Vitamin A: 881.04IU (17.62%), Manganese: 0.3mg (15.02%), Iron: 2.18mg (12.14%), Copper: 0.24mg (11.92%), Fiber: 2.52g (10.06%), Vitamin B1: 0.15mg (9.75%), Folate: 36.29µg (9.07%), Magnesium: 33.54mg (8.38%), Vitamin B6: 0.16mg (7.93%), Calcium: 75.49mg (7.55%), Phosphorus: 66.95mg (6.69%), Vitamin B5: 0.58mg (5.78%), Potassium: 177.37mg (5.07%), Vitamin B2: 0.07mg (4.22%), Zinc: 0.53mg (3.55%), Vitamin B3: 0.64mg (3.2%), Selenium: 1.95µg (2.79%), Vitamin E: 0.36mg (2.4%)