



WHATSheATE



Snow Peas with Toasted Almonds



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



83 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 teaspoons shallots minced
- ☐ 0.5 pound snow peas trimmed
- ☐ 1 tablespoon butter unsalted

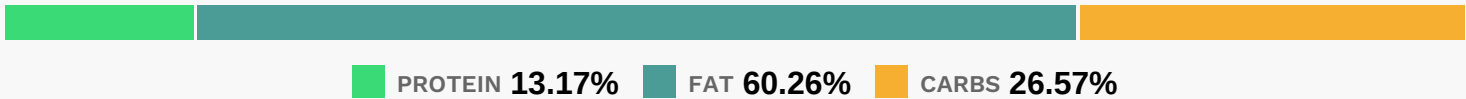
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in medium skillet over medium heat.
- ☐ Add almonds and cook until golden and fragrant and butter begins to brown, stirring frequently, about 1 1/2 minutes.
- ☐ Add snow peas and shallot; sauté until snow peas are crisp-tender, 1 1/2 to 2 minutes.
- ☐ Remove skillet from heat; add lemon juice. Season to taste with salt and serve.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.09, Inflammation Score:-6, Nutrition Score:7.623478171942%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 83.2kcal (4.16%), Fat: 5.83g (8.96%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 5.78g (1.93%), Net Carbohydrates: 3.55g (1.29%), Sugar: 2.63g (2.92%), Cholesterol: 7.53mg (2.51%), Sodium: 2.84mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.73%), Vitamin C: 34.58mg (41.92%), Vitamin A: 703.96IU (14.08%), Vitamin K: 14.43µg (13.74%), Manganese: 0.27mg (13.65%), Vitamin E: 1.78mg (11.84%), Fiber: 2.23g (8.91%), Iron: 1.41mg (7.81%), Magnesium: 29.49mg (7.37%), Folate: 27.04µg (6.76%), Vitamin B2: 0.11mg (6.62%), Vitamin B1: 0.1mg (6.53%), Phosphorus: 59.25mg (5.92%), Copper: 0.11mg (5.28%), Vitamin B6: 0.1mg (5.14%), Vitamin B5: 0.46mg (4.61%), Potassium: 161.01mg (4.6%), Calcium: 41.13mg (4.11%), Vitamin B3: 0.55mg (2.76%), Zinc: 0.34mg (2.27%)