



Steamed Sugar Snap Peas



Vegetarian



Gluten Free

READY IN



12 min.

SERVINGS



4

CALORIES



57 kcal

SIDE DISH

Ingredients

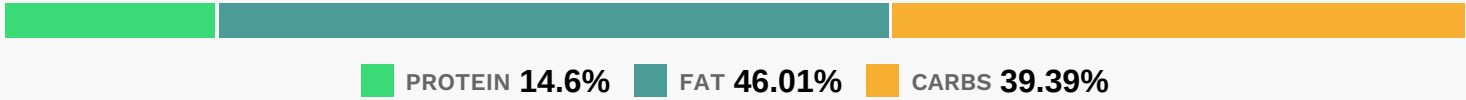
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 0.1 teaspoon salt
- ☐ 3 cups sugar snap peas fresh

Equipment

Directions

- ☐ Steam peas 5 minutes or until crisp-tender; drain.
- ☐ Combine peas, mint, butter, salt, and pepper; toss well.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:7.6339129122055%

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: 57kcal (2.85%), Fat: 3g (4.61%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 5.78g (1.93%), Net Carbohydrates: 3.75g (1.36%), Sugar: 2.94g (3.27%), Cholesterol: 7.53mg (2.51%), Sodium: 98.52mg (4.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin C: 44.5mg (53.94%), Vitamin A: 939.85IU (18.8%), Vitamin K: 18.72µg (17.83%), Manganese: 0.2mg (10.11%), Iron: 1.6mg (8.89%), Fiber: 2.03g (8.11%), Folate: 32.41µg (8.1%), Vitamin B1: 0.11mg (7.43%), Vitamin B6: 0.12mg (5.97%), Vitamin B5: 0.56mg (5.6%), Magnesium: 18.82mg (4.7%), Potassium: 155.8mg (4.45%), Phosphorus: 40.81mg (4.08%), Vitamin B2: 0.06mg (3.73%), Calcium: 35.8mg (3.58%), Copper: 0.06mg (3.15%), Vitamin E: 0.37mg (2.46%), Vitamin B3: 0.46mg (2.32%), Zinc: 0.22mg (1.44%)