



## Stir Fried Snow Peas and Mushrooms



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 4 ounces mushrooms fresh thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon sesame seed
- ☐ 0.5 pound snow peas
- ☐ 2 tablespoons teriyaki sauce

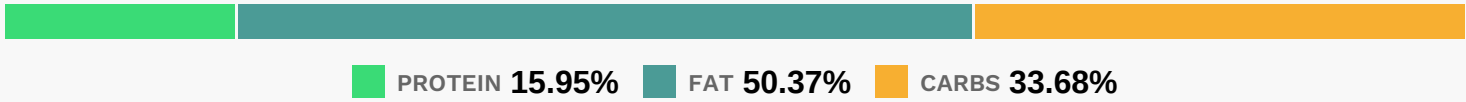
### Equipment

- ☐ bowl
- ☐ frying pan

# Directions

- ☐ In a medium skillet over medium heat, cook the sesame seeds about 5 minutes, stirring frequently, until lightly browned.
- ☐ Remove from heat, and set aside.
- ☐ Heat oil in the skillet over medium high heat. Stir in snow peas and mushrooms, and cook 3 to 4 minutes, until tender.
- ☐ Transfer snow peas and mushrooms to a medium bowl. Toss with sesame seeds and teriyaki sauce, and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:16.75, Glycemic Load:0.29, Inflammation Score:-6, Nutrition Score:8.6847825179929%

## Nutrients (% of daily need)

Calories: 80.46kcal (4.02%), Fat: 4.7g (7.24%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 5.08g (1.85%), Sugar: 4.1g (4.56%), Cholesterol: 0mg (0%), Sodium: 348.68mg (15.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Vitamin C: 34.61mg (41.96%), Vitamin K: 16.28µg (15.51%), Vitamin A: 616.5IU (12.33%), Copper: 0.23mg (11.28%), Manganese: 0.2mg (10.04%), Vitamin B2: 0.17mg (10.03%), Iron: 1.78mg (9.91%), Vitamin B5: 0.87mg (8.69%), Vitamin B1: 0.13mg (8.44%), Phosphorus: 80.87mg (8.09%), Fiber: 2g (8.01%), Vitamin B3: 1.57mg (7.84%), Folate: 31.29µg (7.82%), Vitamin B6: 0.14mg (7.25%), Magnesium: 28.67mg (7.17%), Potassium: 233.19mg (6.66%), Selenium: 3.82µg (5.46%), Vitamin E: 0.73mg (4.89%), Calcium: 47.02mg (4.7%), Zinc: 0.46mg (3.1%)