



WHATSheATE



Stir-Fried Sugar Snap Peas with Chinese Sausage



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



255 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons cornstarch
- ☐ 2 tablespoons sherry
- ☐ 0.3 cup ginger fresh finely minced peeled
- ☐ 3 garlic clove minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 servings rice steamed
- ☐ 0.5 pound sausage chinese sliced

- ☐ 2 bunches spring onion white green cut into 3/4-inch pieces (and pale parts only)
- ☐ 2 tablespoons soya sauce
- ☐ 1 teaspoon sugar
- ☐ 1 lb sugar snap peas trimmed
- ☐ 0.8 cup water

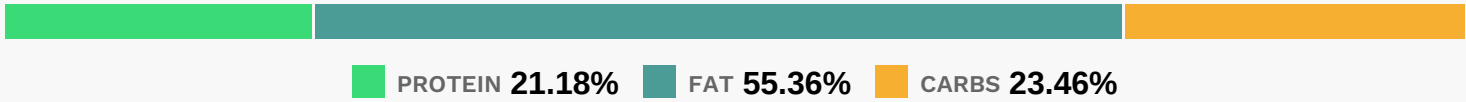
Equipment

- ☐ frying pan
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ Stir together soy sauce, Sherry, cornstarch, sugar, and salt.
- ☐ Heat a wok or deep heavy skillet over high heat until hot but not smoking, then stir-fry sausage 2 minutes.
- ☐ Transfer with a slotted spoon to a plate.
- ☐ Add garlic and ginger to fat remaining in wok and stir-fry until fragrant, about 30 seconds.
- ☐ Add peas and stir-fry 1 minute. Return sausage to wok, then add water and boil, stirring occasionally, until peas are crisp-tender, 1 to 2 minutes.
- ☐ Stir sauce again and add to peas along with scallions. Boil, stirring, until sauce is thickened and no longer cloudy, about 2 minutes. Season with pepper.

Nutrition Facts



Properties

Glycemic Index:66.57, Glycemic Load:1.81, Inflammation Score:-8, Nutrition Score:17.815217266912%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg

0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg
Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin:
0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg,
Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 254.84kcal (12.74%), Fat: 15.37g (23.64%), Saturated Fat: 5.05g (31.58%), Carbohydrates: 14.66g (4.89%),
Net Carbohydrates: 11.14g (4.05%), Sugar: 6.16g (6.85%), Cholesterol: 40.82mg (13.61%), Sodium: 1164.39mg
(50.63%), Alcohol: 0.77g (100%), Alcohol %: 0.38% (100%), Protein: 13.23g (26.46%), Vitamin C: 71.69mg (86.9%),
Vitamin K: 53.49µg (50.94%), Vitamin A: 1395IU (27.9%), Vitamin B1: 0.34mg (23%), Vitamin B6: 0.42mg (21.16%),
Manganese: 0.42mg (20.8%), Iron: 3.49mg (19.39%), Vitamin B3: 3.85mg (19.25%), Phosphorus: 160.9mg (16.09%),
Folate: 58.38µg (14.59%), Fiber: 3.52g (14.09%), Potassium: 460.12mg (13.15%), Vitamin B5: 1.31mg (13.13%),
Magnesium: 45.78mg (11.44%), Zinc: 1.69mg (11.3%), Vitamin B2: 0.19mg (11.15%), Copper: 0.18mg (8.99%), Vitamin
B12: 0.48µg (8.03%), Calcium: 71.83mg (7.18%), Vitamin D: 0.74µg (4.91%), Vitamin E: 0.63mg (4.23%), Selenium:
1.49µg (2.13%)