



Sugar Snap Pea Sauté

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup planters almonds toasted sliced
- 0.3 cup lite asian sesame dressing toasted kraft
- 2 tsp olive oil
- 1 bell pepper red cut into thin strips
- 0.5 cup shallots sliced
- 0.8 lb sugar snap peas fresh

Equipment

- frying pan

Directions

- Heat oil in large nonstick skillet on medium heat.
- Add vegetables; stir-fry 6 to 7 min. or until crisp-tender.
- Stir in dressing; cook 1 min. or until heated through.
- Sprinkle with nuts.

Nutrition Facts

PROTEIN 10.46% **FAT 57.33%** **CARBS 32.21%**

Properties

Glycemic Index:3.6, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:3.2995652258396%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 37.43kcal (1.87%), Fat: 2.49g (3.84%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 3.15g (1.05%), Net Carbohydrates: 2.22g (0.81%), Sugar: 1.71g (1.9%), Cholesterol: 0mg (0%), Sodium: 32.9mg (1.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.05%), Vitamin C: 18.3mg (22.18%), Vitamin A: 372.56IU (7.45%), Vitamin K: 6.61µg (6.3%), Manganese: 0.09mg (4.59%), Vitamin E: 0.68mg (4.52%), Fiber: 0.93g (3.73%), Vitamin B6: 0.07mg (3.33%), Folate: 12.4µg (3.1%), Iron: 0.51mg (2.86%), Vitamin B1: 0.03mg (2.31%), Magnesium: 9.14mg (2.29%), Potassium: 79.67mg (2.28%), Phosphorus: 20.8mg (2.08%), Vitamin B2: 0.03mg (1.94%), Vitamin B5: 0.17mg (1.69%), Copper: 0.03mg (1.57%), Calcium: 13.61mg (1.36%), Vitamin B3: 0.21mg (1.07%)