



Sugar Snap Peas with Mint and Orange



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



59 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 1.5 tablespoons mint leaves fresh thinly sliced
- ☐ 0.5 teaspoon orange zest finely grated
- ☐ 3.5 cups sugar snap peas trimmed
- ☐ 1 tablespoon water

Equipment

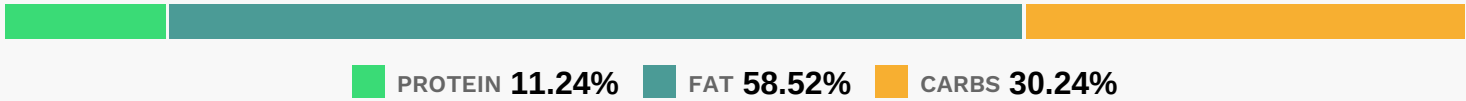
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cook peas in large saucepan of boiling salted water for 2 minutes; drain. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature. Melt butter in medium skillet over medium-high heat.
- ☐ Whisk in 1 tablespoon water. Stir in mint and orange peel; add sugar snap peas and sauté just until heated through, about 1 minute. Season with salt and pepper.
- ☐ Transfer to bowl and serve.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:6.0569565918135%

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: 58.51kcal (2.93%), Fat: 3.91g (6.02%), Saturated Fat: 2.42g (15.15%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 2.94g (1.07%), Sugar: 2.29g (2.54%), Cholesterol: 10.03mg (3.34%), Sodium: 32.81mg (1.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Vitamin C: 34.92mg (42.33%), Vitamin A: 791.82IU (15.84%), Vitamin K: 14.62µg (13.92%), Manganese: 0.15mg (7.71%), Iron: 1.25mg (6.97%), Fiber: 1.6g (6.42%), Folate: 25.63µg (6.41%), Vitamin B1: 0.09mg (5.81%), Vitamin B6: 0.09mg (4.68%), Vitamin B5: 0.44mg (4.39%), Magnesium: 14.88mg (3.72%), Potassium: 122.92mg (3.51%), Phosphorus: 32.37mg (3.24%), Vitamin B2: 0.05mg (2.99%), Calcium: 29.08mg (2.91%), Copper: 0.05mg (2.49%), Vitamin E: 0.33mg (2.21%), Vitamin B3: 0.37mg (1.84%), Zinc: 0.17mg (1.15%)