



Sugar Snap Peas with Miso Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



28 min.

SERVINGS



6

CALORIES



72 kcal

SIDE DISH

Ingredients

- 2 teaspoons canola oil
- 1 tablespoon ginger fresh minced
- 0.5 cup chicken broth low-sodium
- 2 tablespoons miso paste white low-sodium
- 0.3 cup orange juice
- 1 tablespoon rice vinegar
- 3 scallions white green sliced
- 1 teaspoon sesame oil toasted

- 1 pound snow peas
- 1 tablespoon water

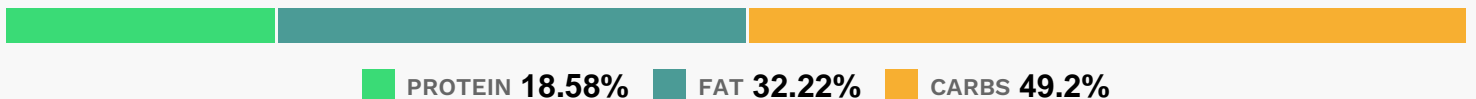
Equipment

- bowl
- sauce pan
- microwave

Directions

- Place the snap peas or snow peas into a microwave-safe bowl with 1 tablespoon of water. Cover tightly and microwave for 3 minutes. Carefully remove the cover, drain and set aside.
- Heat the oil in a saucepan over a medium-high heat.
- Add the scallions and ginger and saute for 2 minutes.
- Add the orange juice, chicken broth and vinegar and cook for 5 minutes, uncovered. Turn heat to low and stir in the miso paste and sesame oil. Stir until miso paste is dissolved, about 1 minute.
- Pour the sauce over the snow or snap peas toss to coat and serve.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:1.36, Inflammation Score:-7, Nutrition Score:9.7243478000164%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 71.78kcal (3.59%), Fat: 2.65g (4.08%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 9.11g (3.04%), Net Carbohydrates: 6.63g (2.41%), Sugar: 4.43g (4.92%), Cholesterol: 0mg (0%), Sodium: 221.68mg (9.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Vitamin C: 51.71mg (62.68%), Vitamin K: 34.03µg (32.41%), Vitamin A: 907.17IU (18.14%), Manganese: 0.25mg (12.42%), Iron: 1.87mg (10.4%), Folate: 39.9µg (9.97%), Fiber: 2.47g (9.89%), Vitamin B1: 0.13mg (8.79%), Vitamin B6: 0.14mg (7.19%), Potassium: 222.13mg (6.35%), Vitamin B5: 0.61mg (6.13%), Magnesium: 23.95mg (5.99%), Phosphorus: 59.46mg (5.95%), Copper: 0.11mg (5.31%), Vitamin B2: 0.09mg (5.17%), Vitamin B3: 0.86mg (4.28%), Calcium: 42.4mg (4.24%), Vitamin E: 0.58mg (3.85%), Zinc: 0.4mg (2.68%), Selenium: 0.99µg (1.42%)