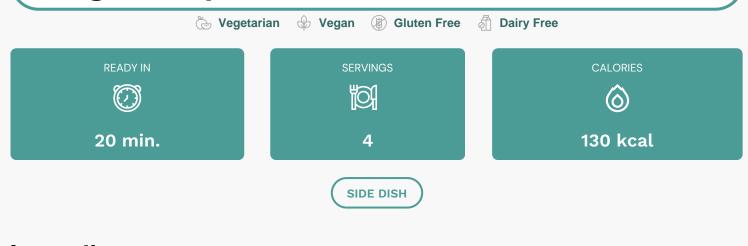


# **Sugar Snap Peas With Pine Nuts and Garlic**



## **Ingredients**

1 garlic clove minced	
4 servings pepper black	
1 tablespoon olive oil extra virgin ex	tra-virgin
0.3 cup pinenuts	
1 teaspoon salt	
4 cups sugar snap peas	

### **Equipment**

#### **Directions**

- 1. Bring 6 cups of water to a boil in a large saucepan.
- 2. Add the salt and peas and cook until crisp-tender, 1.5 to 2 minutes.
- 3. Drain the peas, shock them in ice water, and drain again.
- 4. Dry the peas well on a rimmed baking sheet lined with paper towels.
- 5. Heat the oil in a large skillet over medium heat until almost smoking.
- 6. Add the pine nuts and cook, stirring frequently, until they are lightly golden brown, 1 to 2 minutes.
- 7. Stir in the garlic and cook until fragrant, 30 seconds.
- 8. Add the peas and cook, stirring frequently, until the peas are heated through, 1 to 2 minutes.
- 9. Season to taste with salt and pepper and serve immediately.

### **Nutrition Facts**



#### **Properties**

Glycemic Index:15.5, Glycemic Load:0.08, Inflammation Score:-8, Nutrition Score:13.466956521739%

#### **Flavonoids**

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

#### Nutrients (% of daily need)

Calories: 130.25kcal (6.51%), Fat: 9.47g (14.58%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 8.82g (2.94%), Net Carbohydrates: 5.92g (2.15%), Sugar: 4.23g (4.7%), Cholesterol: Omg (0%), Sodium: 585.68mg (25.46%), Protein: 3.96g (7.92%), Vitamin C: 59.1mg (71.64%), Manganese: 1.01mg (50.43%), Vitamin K: 31.33µg (29.84%), Vitamin A: 1068.32IU (21.37%), Iron: 2.55mg (14.18%), Vitamin B1: 0.18mg (11.95%), Fiber: 2.9g (11.6%), Magnesium: 45.07mg (11.27%), Vitamin E: 1.68mg (11.17%), Folate: 44.07µg (11.02%), Phosphorus: 101.76mg (10.18%), Copper: 0.19mg (9.64%), Vitamin B6: 0.17mg (8.72%), Vitamin B5: 0.77mg (7.67%), Potassium: 250.86mg (7.17%), Vitamin B2: 0.1mg (5.8%), Zinc: 0.82mg (5.47%), Vitamin B3: 0.96mg (4.82%), Calcium: 45.69mg (4.57%), Selenium: 0.86µg (1.23%)