




Sugar Snap Peas With Pine Nuts and Garlic


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




20 min.

SERVINGS



4

CALORIES



130 kcal

SIDE DISH

Ingredients

- 1 garlic clove minced
- 4 servings pepper black
- 1 tablespoon olive oil extra virgin extra-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



PROTEIN 11.61% **FAT 62.53%** **CARBS 25.86%**

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

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: 0mg (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%)