




 **60%**  
HEALTH SCORE

# Sugar Snap Peas with Tomatoes and Garlic


 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN




**11 min.**

SERVINGS



**4**

CALORIES



**57 kcal**

SIDE DISH

## Ingredients

- 1 cup cherry tomatoes sliced in half
- 1 tablespoon garlic coarsely chopped
- 4 servings salt and pepper
- 1 lb sugar snap peas trimmed
- 1 tablespoon water

## Equipment

## Nutrition Facts

PROTEIN 24.38% FAT 4.17% CARBS 71.45%

## Properties

Glycemic Index:7.5, Glycemic Load:0.19, Inflammation Score:-8, Nutrition Score:12.901304347826%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 57.31kcal (2.87%), Fat: 0.28g (0.43%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 10.72g (3.57%), Net Carbohydrates: 7.47g (2.71%), Sugar: 5.48g (6.09%), Cholesterol: 0mg (0%), Sodium: 202.95mg (8.82%), Protein: 3.66g (7.31%), Vitamin C: 77.16mg (93.52%), Vitamin A: 1414.97IU (28.3%), Vitamin K: 29.43µg (28.03%), Manganese: 0.35mg (17.49%), Iron: 2.65mg (14.71%), Folate: 52.53µg (13.13%), Fiber: 3.25g (13%), Vitamin B1: 0.19mg (12.5%), Vitamin B6: 0.24mg (11.78%), Vitamin B5: 0.91mg (9.1%), Potassium: 316.06mg (9.03%), Magnesium: 31.11mg (7.78%), Phosphorus: 73.59mg (7.36%), Copper: 0.12mg (6.21%), Vitamin B2: 0.1mg (5.95%), Calcium: 56.71mg (5.67%), Vitamin B3: 0.89mg (4.46%), Vitamin E: 0.65mg (4.35%), Zinc: 0.38mg (2.55%), Selenium: 1.26µg (1.81%)