



Sugar Snaps with Wasabi-Mayonnaise Dip

 Vegetarian  Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



6

CALORIES



358 kcal

SIDE DISH

Ingredients

- 2 teaspoons juice of lemon fresh
- 1 cup mayonnaise
- 4 teaspoons soya sauce
- 1.5 teaspoons sugar
- 3 pounds sugar snap peas
- 2 teaspoons wasabi paste

Equipment

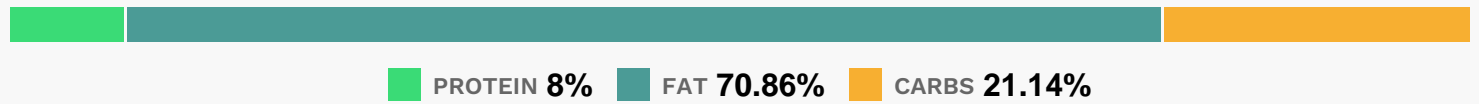
- sauce pan

- whisk
- colander

Directions

- Blanch peas in 2 batches in a large saucepan of boiling salted water 1 minute.
- Transfer to a colander and rinse under cold running water to stop cooking.
- Drain peas well and pat dry.
- Whisk together mayonnaise, soy sauce, sugar, lemon juice, and wasabi paste until sugar is dissolved.
- Serve sugar snap peas with dip.
- Cooks' note: Peas and dip may be prepared 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:22.52, Glycemic Load:0.83, Inflammation Score:-9, Nutrition Score:22.598695620247%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 357.55kcal (17.88%), Fat: 28.4g (43.69%), Saturated Fat: 4.46g (27.86%), Carbohydrates: 19.06g (6.35%), Net Carbohydrates: 13g (4.73%), Sugar: 10.39g (11.55%), Cholesterol: 15.68mg (5.23%), Sodium: 469.89mg (20.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.43%), Vitamin C: 137.42mg (166.57%), Vitamin K: 117.55µg (111.95%), Vitamin A: 2490.22IU (49.8%), Manganese: 0.58mg (29.14%), Iron: 4.91mg (27.28%), Folate: 98.47µg (24.62%), Fiber: 6.06g (24.25%), Vitamin B1: 0.35mg (23.26%), Vitamin B6: 0.38mg (18.96%), Vitamin B5: 1.79mg (17.86%), Magnesium: 57.65mg (14.41%), Vitamin E: 2.11mg (14.08%), Potassium: 480.74mg (13.74%), Phosphorus: 134.71mg (13.47%), Vitamin B2: 0.2mg (11.59%), Calcium: 103.55mg (10.36%), Copper: 0.19mg (9.73%), Vitamin B3: 1.53mg (7.66%), Zinc: 0.71mg (4.76%), Selenium: 2.49µg (3.55%)