



Three Pea Stir-Fry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon ginger fresh peeled finely chopped
- ☐ 1 large garlic clove minced
- ☐ 1 cup peas green frozen
- ☐ 0.3 teaspoon pepper dried red hot
- ☐ 1 teaspoon sesame oil
- ☐ 1 tablespoon sesame seed toasted
- ☐ 6 oz snow peas trimmed
- ☐ 1 teaspoon soya sauce

- ☐ 6 oz sugar snap peas trimmed
- ☐ 1 tablespoon vegetable oil

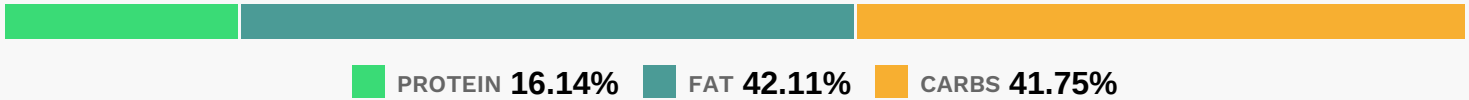
Equipment

- ☐ frying pan

Directions

- ☐ Heat vegetable oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then stir-fry garlic, ginger, and red pepper flakes until fragrant, about 1 minute.
- ☐ Add sugar snaps and snow peas and stir-fry until crisp-tender, about 3 minutes.
- ☐ Add frozen peas and stir-fry until hot, about 2 minutes.
- ☐ Remove from heat, then stir in soy sauce and sesame oil.
- ☐ Sprinkle with sesame seeds and season with salt.

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:1.6, Inflammation Score:-8, Nutrition Score:13.879130415294%

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: 119.21kcal (5.96%), Fat: 5.74g (8.84%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 12.82g (4.27%), Net Carbohydrates: 8.2g (2.98%), Sugar: 5.54g (6.15%), Cholesterol: 0mg (0%), Sodium: 91.63mg (3.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.91%), Vitamin C: 65.85mg (79.82%), Vitamin K: 36.79µg (35.04%), Vitamin A: 1239.IIU (24.78%), Manganese: 0.43mg (21.58%), Fiber: 4.62g (18.48%), Vitamin B1: 0.24mg (16.2%), Folate: 61.74µg (15.44%), Iron: 2.67mg (14.86%), Vitamin B6: 0.23mg (11.54%), Copper: 0.22mg (11.11%), Magnesium: 41.12mg (10.28%), Phosphorus: 100.87mg (10.09%), Potassium: 283.79mg (8.11%), Vitamin B2: 0.13mg (7.39%), Vitamin B3: 1.45mg (7.25%), Vitamin B5: 0.69mg (6.91%), Calcium: 67.48mg (6.75%), Zinc: 0.86mg (5.74%), Vitamin E: 0.73mg (4.86%), Selenium: 2.09µg (2.99%)