



Toasted Almond and Pecorino Snap Peas

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



134 kcal

Ingredients

- ☐ 3 tablespoons almonds sliced
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 3 tablespoons pecorino romano cheese shaved
- ☐ 1 shallots minced

- ☐ 0.5 teaspoon sugar
- ☐ 12 ounces sugar snap peas trimmed
- ☐ 8 cups water

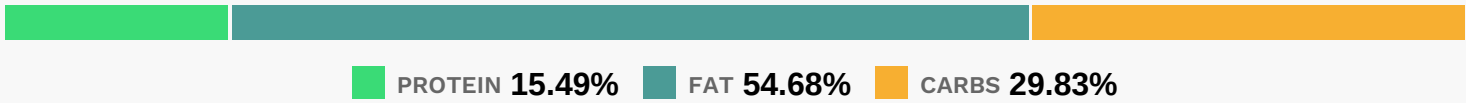
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Bring 8 cups water to a boil in a large Dutch oven.
- ☐ Add peas; cook 30 seconds or until crisp-tender.
- ☐ Drain and plunge into ice water; drain. Slice half of peas diagonally.
- ☐ Combine lemon rind and next 7 ingredients in a medium bowl; stir with a whisk.
- ☐ Add peas; toss to coat.
- ☐ Toast almonds in a small skillet; cook over medium heat 3 minutes or until lightly browned.
- ☐ Add almonds to pea mixture; toss gently. Top with shaved pecorino Romano cheese.

Nutrition Facts



Properties

Glycemic Index:50.27, Glycemic Load:0.73, Inflammation Score:-7, Nutrition Score:12.485652387142%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg

Naringenin: 0.14mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg
Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg,
Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 133.87kcal (6.69%), Fat: 8.5g (13.07%), Saturated Fat: 1.45g (9.08%), Carbohydrates: 10.43g (3.48%), Net
Carbohydrates: 6.95g (2.53%), Sugar: 4.96g (5.52%), Cholesterol: 3.9mg (1.3%), Sodium: 232.17mg (10.09%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.83%), Vitamin C: 54.76mg (66.37%), Vitamin K:
23.73µg (22.6%), Manganese: 0.42mg (21.02%), Vitamin A: 942.51IU (18.85%), Vitamin E: 2.78mg (18.56%), Fiber:
3.48g (13.93%), Magnesium: 49.55mg (12.39%), Iron: 2.21mg (12.29%), Phosphorus: 115.58mg (11.56%), Copper:
0.23mg (11.55%), Calcium: 115.41mg (11.54%), Folate: 43.05µg (10.76%), Vitamin B1: 0.15mg (10.17%), Vitamin B2:
0.17mg (10.07%), Vitamin B6: 0.18mg (8.81%), Potassium: 260.91mg (7.45%), Vitamin B5: 0.72mg (7.23%), Zinc:
0.65mg (4.31%), Vitamin B3: 0.81mg (4.07%), Selenium: 1.97µg (2.81%)