

# Garlic Snow Peas Stir Fry

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-snow-peas-leaves-recipe>

## Ingredients:

- 2 cups snow peas trimmed
- 1/2 tablespoon cooking oil
- 3 garlic cloves minced
- 1 teaspoon sesame oil
- 1 pinch salt
- toasted sesame seeds for garnishing, optional

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 5 grams
3. Fat: 4 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. Sodium: 75 milligrams
7. Sugar: 2 grams

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