

Roasted Sugar Snap Peas

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-snap-peas-recipe>

Ingredients:

- 1/2 pound sugar snap peas strings and stems removed, you can also use a half pound of asparagus, woody stalks removed
- 1 tablespoon olive oil
- 1/2 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder optional

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 5 grams
3. Fat: 3.5 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. Sodium: 300 milligrams
7. Sugar: 2 grams

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