



Sugar Snap Peas & Mushrooms

Servings

2

Calories

200

Prep Time

5 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

1 (15 ounce) bag Mann's Stringless Sugar Snap Peas

½ pound mushrooms, thinly sliced

3 tablespoon butter or margarine

1 tablespoon soy sauce

Salt and pepper, to taste



The Method

Sauté mushrooms in butter or margarine for 2-3 minutes. Next add Stringless Sugar Snap Peas and soy sauce, sauté constantly for 3-4 minutes.

Serve hot alone or over white rice.

Note: Nutritional information does not include white rice.

Nutrition Facts

Serving Size: 358g | Servings: 2

Amount Per Serving

Calories 200 | Total Fat 17g (sat fat 11g trans fat 0.5g) | Cholesterol 45mg | Sodium 1220mg | Total Carbohydrate 9g | Dietary Fiber 1g | Sugars 1g | Protein 3g | Vitamin D 0% | Calcium 0% | Iron 6% | Potassium 0%

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