



Adzuki Bean Mango Stir Fry with Cilantro Lime Coconut Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



232 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon agave nectar
- ☐ 1 cup adzuki beans canned drained
- ☐ 0.5 cup carrots thinly sliced
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 inch ginger root fresh minced
- ☐ 1 clove garlic minced
- ☐ 1 bell pepper green cut into 1 inch long strips

- ☐ 1 juice of lime juiced
- ☐ 1 cup coconut milk light
- ☐ 2 small mangos peeled cut into strips
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 1 onion red cut into 1 inch long strips

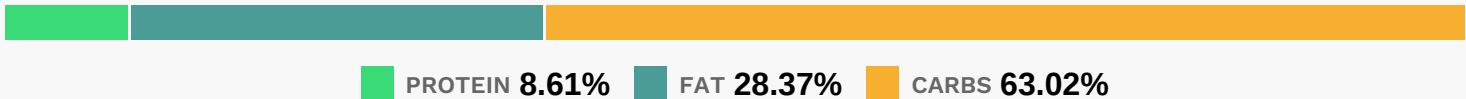
Equipment

- ☐ frying pan
- ☐ blender
- ☐ wok

Directions

- ☐ To make the sauce, blend the coconut milk, cilantro, lime juice, ginger, garlic, and agave nectar in a blender until smooth; set aside.
- ☐ Heat the peanut oil in a wok or large skillet over medium-high heat. Cook the onion, bell pepper, and carrot in the hot oil until the carrot is tender, about 10 minutes.
- ☐ Add the adzuki beans and mango; cook and stir until the mango is hot.
- ☐ Pour the sauce overtop to serve.

Nutrition Facts



Properties

Glycemic Index:56.9, Glycemic Load:9.06, Inflammation Score:-10, Nutrition Score:13.74478257739%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.45mg, Luteolin: 1.45mg,

Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg

Nutrients (% of daily need)

Calories: 231.67kcal (11.58%), Fat: 7.4g (11.38%), Saturated Fat: 4.06g (25.35%), Carbohydrates: 36.97g (12.32%), Net Carbohydrates: 31.39g (11.42%), Sugar: 20.57g (22.85%), Cholesterol: 0mg (0%), Sodium: 61.97mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.1%), Vitamin C: 68.58mg (83.12%), Vitamin A: 4042.23IU (80.84%), Fiber: 5.58g (22.33%), Vitamin K: 16.24µg (15.46%), Folate: 59.53µg (14.88%), Vitamin B6: 0.28mg (13.75%), Potassium: 465.42mg (13.3%), Vitamin E: 1.83mg (12.17%), Manganese: 0.19mg (9.33%), Copper: 0.17mg (8.28%), Iron: 1.27mg (7.06%), Vitamin B3: 1.11mg (5.56%), Vitamin B1: 0.08mg (5.38%), Magnesium: 20.11mg (5.03%), Calcium: 47.29mg (4.73%), Vitamin B2: 0.08mg (4.64%), Phosphorus: 37.82mg (3.78%), Vitamin B5: 0.34mg (3.39%), Zinc: 0.25mg (1.66%), Selenium: 1.01µg (1.44%)