



WHATSheATE



HEALTH SCORE

74%

All Veggie Stir-Fry



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



316 kcal

SIDE DISH

Ingredients



2 cups bell peppers sweet sliced



1 tablespoon sesame seed white black



3 cups brown rice white cooked for serving



1 cup carrots sliced thin



3 cups green beans fresh ends trimmed



2 tablespoons honey for vegan (can sub agave nectar)



1 tablespoon olive oil



0.3 cup wheat-free tamari gluten-free low-sodium (for)

☐ 2 cups zucchini sliced thin

Equipment

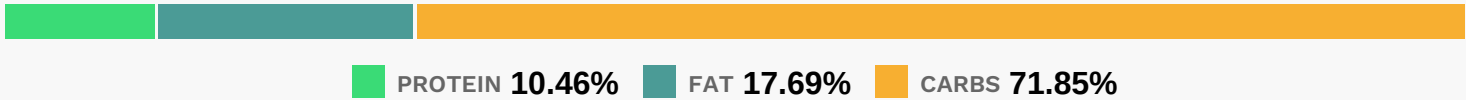
☐ frying pan

☐ wok

Directions

- ☐ Preheat a large sauté pan or wok over medium-high heat.
- ☐ Add oil to preheated pan, then carefully add the beans, peppers, zucchini, and carrot.Cook the vegetables for 4 to 7 minutes or until desired doneness.
- ☐ Add honey or agave and soy sauce or tamari to the pan and stir to combine.
- ☐ Let cook for 30 seconds to 1 minute.
- ☐ Serve stir-fry with rice and garnish with sesame seeds

Nutrition Facts



Properties

Glycemic Index:64.26, Glycemic Load:21.73, Inflammation Score:-10, Nutrition Score:28.997825975003%

Flavonoids

Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 316.05kcal (15.8%), Fat: 6.45g (9.92%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 58.92g (19.64%), Net Carbohydrates: 50.6g (18.4%), Sugar: 16.28g (18.09%), Cholesterol: 0mg (0%), Sodium: 847.11mg (36.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.15%), Vitamin A: 8371.95IU (167.44%), Vitamin C: 120.2mg (145.69%), Manganese: 2.14mg (107.18%), Vitamin K: 50.49µg (48.08%), Vitamin B6: 0.77mg (38.28%), Fiber: 8.31g (33.25%), Magnesium: 121.84mg (30.46%), Folate: 96µg (24%), Vitamin B3: 4.61mg (23.05%), Phosphorus: 229.63mg (22.96%), Vitamin B1: 0.34mg (22.88%), Potassium: 751.58mg (21.47%), Vitamin B2: 0.29mg (16.93%), Copper: 0.34mg (16.87%), Iron: 2.94mg (16.31%), Vitamin E: 2.41mg (16.09%), Vitamin B5: 1.26mg (12.64%), Zinc: 1.78mg (11.9%), Calcium: 93.39mg (9.34%), Selenium: 1.71µg (2.44%)