



Almond Broccoli Stir-Fry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



139 kcal

SIDE DISH

Ingredients

- 0.5 cup almonds toasted chopped
- 10 cups broccoli florets
- 2 tablespoons canola oil
- 2 garlic clove minced
- 0.5 teaspoon ground ginger
- 2 teaspoons juice of lemon
- 0.3 cup soy sauce reduced-sodium
- 2 tablespoons sugar

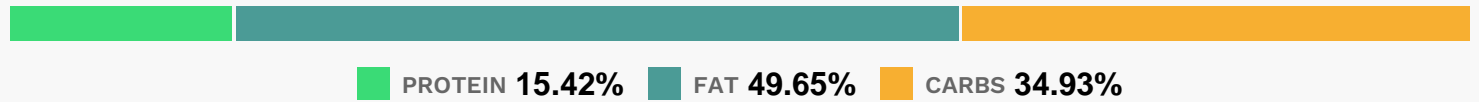
Equipment

- frying pan
- wok

Directions

- In a nonstick skillet or wok, stir-fry broccoli in oil for 2 minutes or until crisp-tender.
- Add garlic; stir-fry for 1 minute. Stir in the soy sauce, sugar and ginger; cook for 1-2 minutes or until sugar is dissolved.
- Sprinkle with lemon juice and almonds.

Nutrition Facts



Properties

Glycemic Index:17.76, Glycemic Load:3.72, Inflammation Score:-8, Nutrition Score:18.392173953678%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 8.95mg, Kaempferol: 8.95mg, Kaempferol: 8.95mg, Kaempferol: 8.95mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 139.27kcal (6.96%), Fat: 8.43g (12.96%), Saturated Fat: 0.73g (4.59%), Carbohydrates: 13.34g (4.45%), Net Carbohydrates: 9.17g (3.34%), Sugar: 5.4g (6%), Cholesterol: 0mg (0%), Sodium: 324.71mg (14.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.77%), Vitamin C: 102.18mg (123.86%), Vitamin K: 118.53µg (112.89%), Manganese: 0.53mg (26.57%), Vitamin E: 3.82mg (25.49%), Folate: 79.39µg (19.85%), Fiber: 4.17g (16.67%), Vitamin B2: 0.26mg (15.05%), Vitamin A: 708.93IU (14.18%), Magnesium: 54.05mg (13.51%), Phosphorus: 132.75mg (13.27%), Potassium: 459.02mg (13.11%), Vitamin B6: 0.23mg (11.74%), Calcium: 81.5mg (8.15%), Copper: 0.16mg (7.75%), Iron: 1.31mg (7.28%), Vitamin B5: 0.73mg (7.26%), Vitamin B1: 0.1mg (6.94%), Vitamin B3: 1.16mg (5.8%), Zinc: 0.82mg

(5.48%), Selenium: 3.45µg (4.92%)