



Asian Broccoli and Red Peppers with Peanuts

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 cups broccoli chopped
- 2.7 cups brown rice long-grain hot cooked
- 1 Tbsp garlic minced
- 4 green onions sliced
- 2 cups pasilla peppers red chopped
- 0.8 cup planters roasted peanuts dry chopped
- 3 Tbsp lite soy sauce
- 0.5 cup vegetable broth fat-free divided reduced-sodium

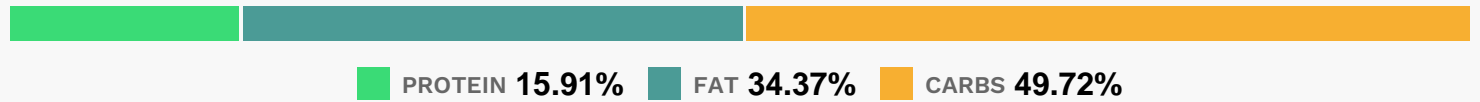
Equipment

frying pan

Directions

- Heat 1/4 cup broth in large skillet on medium-high heat.
- Add onions and garlic; stir-fry 1 to 2 min. or until garlic is crisp-tender.
- Add broccoli, peppers, soy sauce and remaining broth; stir. Bring to boil; simmer on medium-low heat 5 to 6 min. or until broccoli is crisp-tender, stirring occasionally. Stir in nuts.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:5.64, Glycemic Load:0.5, Inflammation Score:-6, Nutrition Score:7.1578260504681%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 62.47kcal (3.12%), Fat: 2.55g (3.92%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 8.28g (2.76%), Net Carbohydrates: 6.64g (2.41%), Sugar: 1.26g (1.4%), Cholesterol: 0mg (0%), Sodium: 147.96mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin C: 34.56mg (41.89%), Vitamin K: 26.23µg (24.98%), Manganese: 0.36mg (17.94%), Vitamin A: 523.96IU (10.48%), Vitamin B6: 0.13mg (6.61%), Vitamin B3: 1.32mg (6.58%), Fiber: 1.65g (6.58%), Folate: 25.61µg (6.4%), Magnesium: 24.15mg (6.04%), Phosphorus: 54.65mg (5.46%), Selenium: 3.07µg (4.39%), Potassium: 140.53mg (4.02%), Vitamin E: 0.59mg (3.95%), Vitamin B1: 0.05mg (3.41%), Vitamin B2: 0.05mg (3.18%), Vitamin B5: 0.29mg (2.92%), Copper: 0.06mg (2.9%), Zinc: 0.39mg (2.62%), Iron: 0.45mg (2.5%), Calcium: 17.84mg (1.78%)