



## Asian Vegetable Stir-Fry



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



314 kcal

SIDE DISH

## Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup carrots sliced
- ☐ 2 cloves garlic finely chopped
- ☐ 2 cups rice white instant uncooked
- ☐ 2 cups water
- ☐ 8 oz mushrooms fresh sliced (3 cups)
- ☐ 12 oz available in the asian foods section of some supermarkets and at asian markets frozen asian style

- ☐ 0.5 cup sauce
- ☐ 0.1 teaspoon pepper red

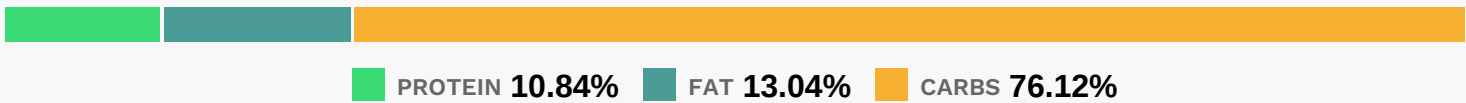
## Equipment

- ☐ frying pan

## Directions

- ☐ In 12-inch skillet, heat oil over medium heat. Cook onion, carrot and garlic in oil 5 to 7 minutes, stirring occasionally, until slightly tender.
- ☐ Cook rice in water as directed on package; cover to keep warm.
- ☐ Into mixture in skillet, stir mushrooms, frozen vegetables in sauce, stir-fry sauce and pepper flakes; cook 5 to 7 minutes, stirring occasionally, until vegetables are tender.
- ☐ Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:45.21, Glycemic Load:5.09, Inflammation Score:-10, Nutrition Score:20.169565371845%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

## Nutrients (% of daily need)

Calories: 314.3kcal (15.71%), Fat: 4.64g (7.14%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 60.99g (20.33%), Net Carbohydrates: 55.36g (20.13%), Sugar: 9.6g (10.67%), Cholesterol: 0mg (0%), Sodium: 421.09mg (18.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.37%), Vitamin A: 7010.79IU (140.22%), Folate: 159.46µg (39.86%), Vitamin B1: 0.57mg (38.05%), Manganese: 0.73mg (36.63%), Vitamin B3: 6.32mg (31.61%), Selenium: 21.95µg (31.36%), Fiber: 5.63g (22.51%), Iron: 3.95mg (21.92%), Vitamin B2: 0.33mg (19.36%), Copper: 0.37mg (18.73%), Phosphorus: 163.56mg (16.36%), Vitamin C: 12.93mg (15.67%), Potassium: 459.88mg (13.14%), Vitamin B6: 0.26mg (12.95%), Vitamin B5: 1.25mg (12.51%), Zinc: 1.4mg (9.31%), Magnesium: 37.11mg (9.28%), Calcium: 48.81mg

(4.88%), Vitamin E: 0.66mg (4.41%), Vitamin K: 4.43µg (4.22%)