



Asian Vegetable Stir-Fry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 cup celery chopped
- ☐ 1 teaspoon curry powder
- ☐ 2 cups bell pepper green sliced ()
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 2 cups napa cabbage chinese thinly sliced ()
- ☐ 2 tablespoons oil
- ☐ 1 tablespoon pinenuts

- ☐ 1 tablespoon rice vinegar
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons tomato paste
- ☐ 1 vidalia sweet cut into 8 wedges
- ☐ 0.5 cup water
- ☐ 0.3 cup water chestnuts drained sliced
- ☐ 1 medium baby squash yellow 1-inch-thick quartered cut into slices (2 cups)
- ☐ 1 medium zucchini 1-inch-thick quartered cut into slices (2 cups)

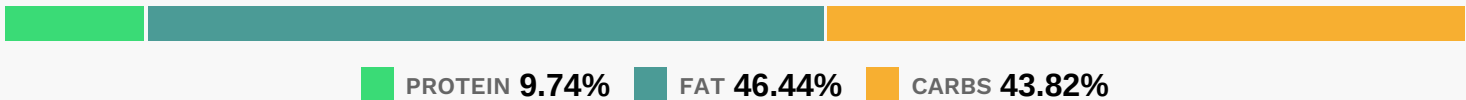
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Combine first 6 ingredients in a small bowl; set aside.
- ☐ Heat oil in a stir-fry pan or wok over medium heat.
- ☐ Add onion; stir-fry 1 minute. Increase heat to medium-high.
- ☐ Add zucchini, yellow squash, and celery; stir-fry 5 minutes.
- ☐ Add bell pepper, water, and water chestnuts; stir-fry 3 minutes.
- ☐ Add tomato paste mixture; bring to a boil, and cook 1 minute. Stir in cabbage and pine nuts.

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:1.09, Inflammation Score:-7, Nutrition Score:12.371739112813%

Flavonoids

Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 2.53mg, Luteolin: 2.53mg, Luteolin: 2.53mg, Luteolin: 2.53mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 9.39mg, Quercetin: 9.39mg, Quercetin: 9.39mg, Quercetin: 9.39mg

Nutrients (% of daily need)

Calories: 112.15kcal (5.61%), Fat: 6.27g (9.64%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 13.3g (4.43%), Net Carbohydrates: 9.92g (3.61%), Sugar: 7.17g (7.97%), Cholesterol: 0mg (0%), Sodium: 359.22mg (15.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.91%), Vitamin C: 62.75mg (76.06%), Vitamin K: 27.29µg (25.99%), Manganese: 0.49mg (24.69%), Vitamin B6: 0.42mg (21.17%), Folate: 64.79µg (16.2%), Potassium: 524.01mg (14.97%), Fiber: 3.39g (13.55%), Vitamin E: 1.71mg (11.39%), Vitamin A: 556.46IU (11.13%), Magnesium: 36.67mg (9.17%), Copper: 0.18mg (8.84%), Vitamin B2: 0.15mg (8.66%), Phosphorus: 83.64mg (8.36%), Vitamin B1: 0.11mg (7.19%), Iron: 1.18mg (6.56%), Calcium: 58.57mg (5.86%), Vitamin B3: 1.11mg (5.53%), Zinc: 0.65mg (4.33%), Vitamin B5: 0.33mg (3.31%), Selenium: 1.11µg (1.59%)