



Basic Chinese Stir Fry Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



405 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups brown rice uncooked
- ☐ 1 cup carrots chopped
- ☐ 1 teaspoon ginger root fresh minced
- ☐ 2 cloves garlic
- ☐ 0.3 cup leeks chopped
- ☐ 1 tablespoon safflower oil
- ☐ 4 servings sea salt to taste
- ☐ 4 cups water

- ☐ 1 cup baby squash yellow chopped
- ☐ 1 cup zucchini chopped

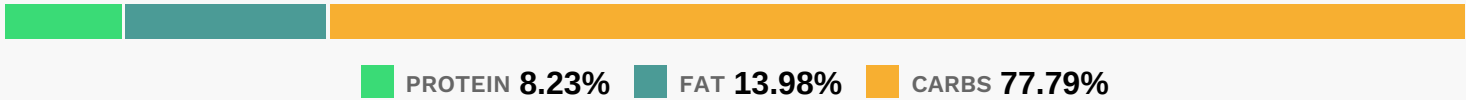
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring the brown rice and water to a boil in a saucepan over high heat. Reduce the heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 45 to 50 minutes.
- ☐ Heat the safflower oil in a skillet over medium heat. Stir in the leeks, garlic, and ginger; cook and stir until the leeks have softened, about 5 minutes. Stir in the zucchini, carrots, and yellow squash. Season with salt. Continue cooking and stirring until the vegetables have softened, about 2 minutes.
- ☐ Serve over brown rice.

Nutrition Facts



Properties

Glycemic Index:57.4, Glycemic Load:42.38, Inflammation Score:-10, Nutrition Score:22.365652141364%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 404.91kcal (20.25%), Fat: 6.31g (9.7%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 78.98g (26.33%), Net Carbohydrates: 74.05g (26.93%), Sugar: 3.23g (3.58%), Cholesterol: 0mg (0%), Sodium: 236.35mg (10.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.36g (16.71%), Manganese: 3.77mg (188.42%), Vitamin A: 5588.19IU (111.76%), Magnesium: 155.11mg (38.78%), Vitamin B6: 0.68mg (33.83%), Vitamin B1: 0.45mg (29.9%), Phosphorus: 289.58mg (28.96%), Vitamin B3: 4.73mg (23.64%), Fiber: 4.92g (19.69%), Copper: 0.36mg (18.05%), Vitamin C: 13.62mg (16.51%), Vitamin B5: 1.63mg (16.33%), Potassium: 533.41mg (15.24%), Zinc: 2.23mg (14.86%),

Iron: 2.21mg (12.25%), Folate: 45.56µg (11.39%), Vitamin E: 1.55mg (10.31%), Vitamin K: 10.16µg (9.68%), Vitamin B2: 0.13mg (7.81%), Calcium: 65.5mg (6.55%)