






 **26%**  
HEALTH SCORE

# Basmati and Snow Pea Stir Fry with Teriyaki Chicken Meatballs

 **Gluten Free**  **Dairy Free**

READY IN  
  
**25 min.**

SERVINGS  
  
**6**

CALORIES  
  
**191 kcal**

**ANTIPASTI** **STARTER** **SNACK** **APPETIZER**

## Ingredients

- 0.5 cup carrots freshly grated
- 1.5 cups basmati rice cooked
- 1 tablespoon olive oil extra virgin
- 12 ounce ginger
- 0.5 cup hoisin sauce
- 0.8 cup bell pepper sweet red sliced
- 3 medium spring onion fresh

6 ounces snow peas

1.3 cups water

## Equipment

frying pan

## Directions

Prepare a large skillet with cooking spray and olive oil and heat over high heat.

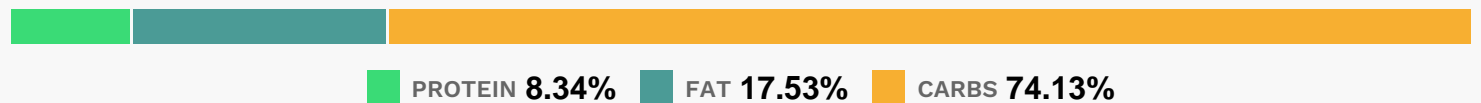
Saute the carrots and pepper 1 - 2 minutes.

Add the al fresco all natural Teriyaki Meatballs, and brown on both sides.

Add the snow peas, saute an additional 2 minutes, then toss in the scallions and add the teriyaki or hoisin sauce. Reduce heat and cook 1 - 2 minutes.

Serve over the Basmati Rice.

## Nutrition Facts



## Properties

Glycemic Index:39.14, Glycemic Load:13.98, Inflammation Score:-9, Nutrition Score:12.86086957351%

## Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

## Nutrients (% of daily need)

Calories: 191.28kcal (9.56%), Fat: 3.8g (5.84%), Saturated Fat: 0.63g (3.91%), Carbohydrates: 36.14g (12.05%), Net Carbohydrates: 32.59g (11.85%), Sugar: 9.84g (10.93%), Cholesterol: 0.69mg (0.23%), Sodium: 391.97mg (17.04%), Alcohol: 0g (100%), Protein: 4.07g (8.14%), Vitamin C: 45.82mg (55.53%), Vitamin A: 2749.43IU (54.99%), Vitamin K: 26.51µg (25.25%), Manganese: 0.49mg (24.59%), Fiber: 3.56g (14.22%), Vitamin B6: 0.26mg (13.03%), Potassium: 427.25mg (12.21%), Magnesium: 46.93mg (11.73%), Copper: 0.23mg (11.46%), Folate: 39.99µg (10%), Iron: 1.48mg (8.2%), Vitamin B2: 0.12mg (7.34%), Vitamin E: 1.08mg (7.2%), Phosphorus: 71.35mg (7.13%), Vitamin B3: 1.35mg (6.74%), Vitamin B5: 0.59mg (5.91%), Vitamin B1: 0.09mg (5.78%), Selenium: 4.04µg (5.78%), Calcium: 44.27mg (4.43%), Zinc: 0.64mg (4.28%)