



Black Bean Mango Stir Fry with Cilantro Lime Coconut Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



462 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons vegetable oil; peanut oil preferred
- 2 cups snow peas
- 1 cup carrots julienned thinly sliced
- 1 cup cucumber julienned thinly sliced
- 1 cup cabbage red thinly sliced
- 2 cups ears corn fresh (I highly recommend)
- 2 cups black beans canned drained

- 1 mangos peeled cut into strips
- 2 cups imitation crab (we used both)
- 8 ounce vermicelli
- 8 ounce vermicelli
- 8 servings pepper
- 8 servings salt and pepper to taste
- 2 cups lite coconut milk light
- 1 cup cilantro leaves fresh chopped
- 2 juice of lime juiced
- 2 inches ginger fresh minced
- 2 cloves garlic minced
- 2 tablespoons agave nectar
- 3 tablespoons soya sauce

Equipment

- frying pan
- blender
- wok

Directions

- To make the sauce, blend the coconut milk, cilantro, lime juice, ginger, garlic, soy sauce and agave nectar in a blender until smooth; set aside.
- Prepare rice noodles according to instructions (they often vary).
- In a large, deep skillet or wok over medium-high, heat oil until shimmering.
- Add crab/shrimp oil and saut until cooked through and lightly browned, about 4 to 5 minutes.
- Add veggies and mango and saut until veggies are lightly tender, about 4 to 5 minutes longer.
- Stir in the stir fry sauce and noodles. Cook for another minute or until the noodles are hot.
- Sprinkle with additional sriraccha, salt and pepper and red pepper flakes as desired.
- Makes 8 servings.

Nutrition Facts

PROTEIN 9.24% FAT 16.29% CARBS 74.47%

Properties

Glycemic Index:46.07, Glycemic Load:30.14, Inflammation Score:-10, Nutrition Score:18.105652173913%

Flavonoids

Cyanidin: 23.37mg, Cyanidin: 23.37mg, Cyanidin: 23.37mg, Cyanidin: 23.37mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 462.48kcal (23.12%), Fat: 8.34g (12.83%), Saturated Fat: 4.26g (26.6%), Carbohydrates: 85.77g (28.59%), Net Carbohydrates: 77.93g (28.34%), Sugar: 13.7g (15.23%), Cholesterol: 4.95mg (1.65%), Sodium: 1189.21mg (51.7%), Protein: 10.64g (21.29%), Vitamin A: 4156.65IU (83.13%), Vitamin C: 39.58mg (47.98%), Manganese: 0.67mg (33.73%), Fiber: 7.84g (31.36%), Vitamin K: 24.46µg (23.29%), Phosphorus: 213.07mg (21.31%), Folate: 77.5µg (19.37%), Iron: 2.71mg (15.04%), Potassium: 523.66mg (14.96%), Selenium: 10.46µg (14.94%), Vitamin B1: 0.22mg (14.76%), Magnesium: 57.23mg (14.31%), Vitamin B6: 0.28mg (13.76%), Copper: 0.26mg (12.89%), Vitamin E: 1.91mg (12.75%), Vitamin B3: 2.15mg (10.75%), Vitamin B2: 0.18mg (10.31%), Vitamin B5: 0.77mg (7.74%), Zinc: 1.15mg (7.64%), Calcium: 64.13mg (6.41%)