



HEALTH SCORE

100%

## Brussels Sprouts Stir-Fry



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

## Ingredients

- 15 ounce baby corns rinsed drained canned
- 1 pound brussels sprouts ends trimmed halved
- 2 cloves garlic minced
- 4 spring onion chopped
- 1 tbsp rice wine sweetened ( rice wine)
- 0.5 bell pepper red sliced
- 2 tbsp seasoned rice vinegar (or regular rice wine vinegar plus)
- 3 ounces mushroom caps sliced

1 tbsp soya sauce gluten-free

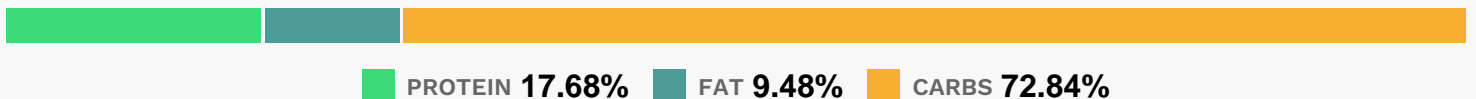
0.3 cup water

## Equipment

## Directions

- Heat over medium-high heat, and add the garlic and green onions; stir and cook for one minute.
- Add the Brussels sprouts, turning them cut-side down. Cook until lightly browned, about 3 minutes.
- Add the red bell pepper, mushrooms, and baby corn, and stir well.
- Add the water and mirin and cover tightly. Reduce the heat and cook until the Brussels sprouts are tender but not overdone, about 5 minutes. (
- Add a little more water if necessary.)
- Remove the cover and add the soy sauce and rice wine vinegar. Cook and stir for about one minute.
- Add more soy sauce or rice wine vinegar to taste and serve hot.

## Nutrition Facts



## Properties

Glycemic Index:69.63, Glycemic Load:13.67, Inflammation Score:-9, Nutrition Score:23.435652206773%

## Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

## Nutrients (% of daily need)

Calories: 177.06kcal (8.85%), Fat: 2.12g (3.26%), Saturated Fat: 0.29g (1.84%), Carbohydrates: 36.61g (12.2%), Net Carbohydrates: 28.53g (10.37%), Sugar: 8.83g (9.81%), Cholesterol: 0mg (0%), Sodium: 286.68mg (12.46%), Alcohol: 0.6g (100%), Alcohol %: 0.25% (100%), Protein: 8.89g (17.78%), Vitamin K: 226.73µg (215.94%), Vitamin C:

124mg (150.3%), Manganese: 0.7mg (34.8%), Vitamin A: 1720.13IU (34.4%), Fiber: 8.08g (32.34%), Folate: 111.77µg (27.94%), Vitamin B6: 0.54mg (26.83%), Potassium: 818.66mg (23.39%), Phosphorus: 200.89mg (20.09%), Vitamin B3: 3.86mg (19.28%), Vitamin B1: 0.28mg (18.66%), Magnesium: 64.83mg (16.21%), Vitamin B5: 1.59mg (15.93%), Vitamin B2: 0.24mg (14.09%), Iron: 2.53mg (14.07%), Zinc: 1.48mg (9.86%), Copper: 0.19mg (9.43%), Vitamin E: 1.4mg (9.31%), Calcium: 65.76mg (6.58%), Selenium: 3.66µg (5.24%)