



Chile and Basil Vegetable Stir-fry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



275 kcal

SIDE DISH

Ingredients

- 1 cup rice uncooked
- 2 cups water
- 4 oz chilis green chopped canned
- 0.3 cup basil fresh chopped
- 2 teaspoons mint leaves fresh chopped
- 0.3 cup soya sauce
- 0.3 cup water
- 1 teaspoon sugar

- 2 teaspoons cornstarch
- 1 tablespoon cooking oil
- 2 cups cauliflower florets fresh
- 1 small onion cut into thin wedges
- 2 medium zucchini quartered cut into 1/4-inch-thick slices
- 1 medium bell pepper red cut into thin strips
- 2 cups cabbage shredded chinese (napa)

Equipment

- bowl
- frying pan

Directions

- Cook rice in 2 cups water as directed on package. Cover to keep warm.
- Meanwhile, in small bowl, combine all sauce ingredients; blend well. Set aside.
- Heat oil in 12-inch nonstick skillet over medium-high heat until hot.
- Add cauliflower and onion; cook and stir 2 minutes.
- Add zucchini and bell pepper; cook and stir 4 to 6 minutes or until vegetables are crisp-tender.
- Stir sauce well.
- Add to vegetables in skillet; cook 2 to 4 minutes or until sauce is bubbly and thickened, stirring frequently. Stir in cabbage.
- Serve over rice. If desired, garnish with additional basil or mint.

Nutrition Facts

  
 PROTEIN 11.6%  FAT 14.41%  CARBS 73.99%

Properties

Glycemic Index:91.57, Glycemic Load:25.1, Inflammation Score:-9, Nutrition Score:19.650869535363%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 275.09kcal (13.75%), Fat: 4.51g (6.93%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 52.04g (17.35%), Net Carbohydrates: 47.02g (17.1%), Sugar: 7.82g (8.69%), Cholesterol: 0mg (0%), Sodium: 962.69mg (41.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.32%), Vitamin C: 103.81mg (125.83%), Manganese: 0.96mg (47.84%), Vitamin K: 48.86µg (46.53%), Vitamin B6: 0.54mg (27.2%), Folate: 106.78µg (26.69%), Vitamin A: 1279.09IU (25.58%), Fiber: 5.01g (20.05%), Potassium: 673.82mg (19.25%), Phosphorus: 157.31mg (15.73%), Magnesium: 55.52mg (13.88%), Vitamin B2: 0.22mg (12.99%), Vitamin B3: 2.59mg (12.97%), Vitamin B5: 1.27mg (12.74%), Copper: 0.24mg (11.95%), Iron: 2.05mg (11.38%), Selenium: 7.94µg (11.35%), Vitamin B1: 0.16mg (10.59%), Vitamin E: 1.36mg (9.06%), Zinc: 1.23mg (8.23%), Calcium: 79.64mg (7.96%)