



Citrus Veggie Stir-Fry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



824 kcal

SIDE DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 1 tablespoon canola oil
- 1 cup carrots sliced
- 4 cups rice hot cooked
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- 1 tablespoon cornstarch
- 1 cup mushrooms fresh sliced

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- 2 garlic clove minced
- 0.5 cup spring onion sliced
- 1 cup bell pepper green julienned
- 0.5 teaspoon ground ginger
- 1 cup orange juice
- 1 teaspoon orange zest grated
- 0.1 teaspoon hot sauce hot
- 1 cup bell pepper sweet red julienned
- 0.3 cup roasted cashews salted
- 2 cups snow peas fresh

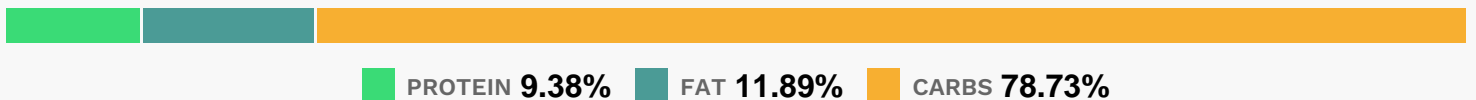
Equipment

- bowl
- frying pan
- wok

Directions

- In a bowl, combine the first seven ingredients until blended; set aside. In a large nonstick skillet or wok, stir-fry carrots and peppers in oil for 5 minutes.
- Add mushrooms and snow peas; stir-fry for 6 minutes.
- Add green onions; stir-fry for 3 minutes or until the vegetables are crisp-tender.
- Stir orange juice mixture and add to pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in cashews.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:160.96, Glycemic Load:149.72, Inflammation Score:-10, Nutrition Score:36.017826243587%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Luteolin: 2.02mg, Luteolin: 2.02mg, Luteolin: 2.02mg, Luteolin: 2.02mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 824.2kcal (41.21%), Fat: 10.8g (16.62%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 160.92g (53.64%), Net Carbohydrates: 154.03g (56.01%), Sugar: 14.41g (16.02%), Cholesterol: 0mg (0%), Sodium: 115.14mg (5.01%), Alcohol: 0g (100%), Protein: 19.17g (38.35%), Vitamin C: 144.52mg (175.17%), Vitamin A: 7433.81IU (148.68%), Manganese: 2.76mg (137.76%), Selenium: 42.31µg (60.45%), Vitamin K: 53.48µg (50.93%), Vitamin B6: 0.89mg (44.4%), Copper: 0.86mg (43.2%), Phosphorus: 375.13mg (37.51%), Vitamin B5: 3.46mg (34.56%), Magnesium: 126.04mg (31.51%), Fiber: 6.89g (27.56%), Vitamin B3: 5.29mg (26.47%), Folate: 104.61µg (26.15%), Potassium: 905.3mg (25.87%), Zinc: 3.68mg (24.52%), Vitamin B2: 0.41mg (24.03%), Vitamin B1: 0.36mg (23.93%), Iron: 3.73mg (20.73%), Vitamin E: 2.14mg (14.25%), Calcium: 113.78mg (11.38%)