



## Emily's Tip for Asian Veggie Packets

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



154 kcal

SIDE DISH

## Ingredients

- 2 tablespoons brown sugar packed
- 2 tablespoons butter melted
- 4 medium carrots peeled sliced thin
- 1 inch ginger fresh minced peeled
- 2 cloves garlic minced
- 2 tablespoons rice vinegar
- 4 scallions sliced thin (green onions)
- 4 teaspoons sesame seed

- 6 ounces snow peas
- 2 tablespoons soya sauce
- 8 ounces button mushrooms white sliced

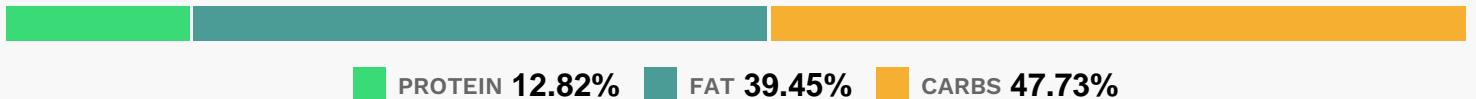
## Equipment

- bowl
- baking sheet
- oven
- knife
- aluminum foil

## Directions

- Preheat oven to 450 degrees F.
- Mix melted butter, soy sauce, rice vinegar and brown sugar in a small bowl; set aside.
- Mix remaining ingredients in a large bowl.
- Place half the veggie mix in center of sheet of foil. Spoon half the butter mixture over veggies.
- Bring up sides of foil over veggies; fold down two times. Double fold both ends of foil to seal packet, leaving room for heat circulation inside. Repeat to make second packet.
- Place packets on baking sheet with 1-inch sides.
- Bake 15 to 20 minutes or until veggies are desired crispness. Open packets carefully by cutting along top folds with a sharp knife, allowing steam to escape. Stir to coat evenly.

## Nutrition Facts



## Properties

Glycemic Index:76.46, Glycemic Load:2.86, Inflammation Score:-10, Nutrition Score:17.540434725907%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin:

0.05mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

## **Nutrients (% of daily need)**

Calories: 154.11kcal (7.71%), Fat: 7.15g (11%), Saturated Fat: 3.81g (23.82%), Carbohydrates: 19.45g (6.48%), Net Carbohydrates: 15.39g (5.6%), Sugar: 12.03g (13.36%), Cholesterol: 15.05mg (5.02%), Sodium: 598.84mg (26.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.45%), Vitamin A: 10947.78IU (218.96%), Vitamin K: 44.04µg (41.94%), Vitamin C: 33.12mg (40.14%), Vitamin B2: 0.33mg (19.42%), Manganese: 0.37mg (18.41%), Copper: 0.36mg (17.84%), Vitamin B3: 3.44mg (17.22%), Fiber: 4.07g (16.27%), Potassium: 545.21mg (15.58%), Vitamin B5: 1.41mg (14.06%), Vitamin B6: 0.28mg (13.82%), Folate: 50.84µg (12.71%), Phosphorus: 126.5mg (12.65%), Vitamin B1: 0.18mg (12.1%), Iron: 2.12mg (11.76%), Selenium: 6.87µg (9.82%), Magnesium: 37.54mg (9.38%), Calcium: 80.19mg (8.02%), Zinc: 0.83mg (5.53%), Vitamin E: 0.81mg (5.42%)