



## Five-Veggie Stir-Fry

 **Gluten Free**  **Dairy Free**

READY IN



**40 min.**

SERVINGS



**4**

CALORIES



**400 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon beef broth
- 2 cups broccoli florets
- 2 large carrots sliced
- 2 cups cauliflower florets
- 2 tablespoons cornstarch
- 1 eggs lightly beaten
- 1 cup mushrooms fresh quartered
- 2 cloves garlic minced

- 0.5 teaspoon ground ginger
- 0.3 cup soya sauce reduced-sodium
- 1 teaspoon olive oil
- 1 cup orange juice
- 0.3 cup slivered almonds
- 1 cup snow peas fresh
- 1 cup spicy tofu firm cubed
- 1 cup rice white uncooked
- 1 teaspoon worcestershire sauce

## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- Bring rice and beef broth to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until rice is tender and liquid has been absorbed, 20 to 25 minutes.
- Combine cornstarch and ginger in a small bowl. Stir in orange juice, soy sauce, beef broth, Worcestershire sauce, and garlic until blended.
- Heat 3 teaspoons oil in a large skillet over medium-high heat; cook and stir carrots, broccoli, and cauliflower until just tender, 4 to 5 minutes.
- Add 1 teaspoon oil, mushrooms, snow peas, and tofu; continue cooking until mushrooms soften, about 3 minutes. Push vegetable mixture to one side of skillet and cook and stir egg in remaining space until set; combine egg with vegetables. Stir in orange juice mixture and boil until thickened, about 2 minutes.
- Serve over rice and top with slivered almonds.

## Nutrition Facts



## Properties

Glycemic Index:77.75, Glycemic Load:28.27, Inflammation Score:-10, Nutrition Score:28.615217379902%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 3.86mg, Kaempferol: 3.86mg, Kaempferol: 3.86mg, Kaempferol: 3.86mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 399.56kcal (19.98%), Fat: 9.17g (14.11%), Saturated Fat: 1.31g (8.22%), Carbohydrates: 63.48g (21.16%), Net Carbohydrates: 57.13g (20.78%), Sugar: 10.93g (12.14%), Cholesterol: 40.92mg (13.64%), Sodium: 685.84mg (29.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.68g (35.37%), Vitamin C: 113.68mg (137.79%), Vitamin A: 6748.8IU (134.98%), Vitamin K: 65.82µg (62.69%), Manganese: 1.14mg (57.16%), Folate: 116.1µg (29.02%), Vitamin B2: 0.43mg (25.4%), Fiber: 6.35g (25.39%), Phosphorus: 247.3mg (24.73%), Potassium: 855.19mg (24.43%), Vitamin B6: 0.46mg (23%), Selenium: 15.15µg (21.65%), Vitamin B5: 2.08mg (20.84%), Magnesium: 79.64mg (19.91%), Vitamin E: 2.86mg (19.08%), Copper: 0.38mg (18.93%), Calcium: 186.81mg (18.68%), Iron: 3.36mg (18.67%), Vitamin B3: 3.41mg (17.04%), Vitamin B1: 0.25mg (16.95%), Zinc: 1.64mg (10.96%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.27µg (1.79%)