



Fresh Stir-Fry

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



414 kcal

SIDE DISH

Ingredients

- 0.5 cup bell pepper strips red
- 8 ounce water chestnuts drained sliced canned
- 1.5 cups celery sliced
- 1 tablespoon cornstarch
- 1 tablespoon sesame oil dark
- 1 cup mushrooms fresh sliced
- 2 garlic cloves minced
- 4 green onions sliced

- 0.1 teaspoon ground pepper red
- 2 servings japanese ramen noodles hot
- 0.3 cup soya sauce

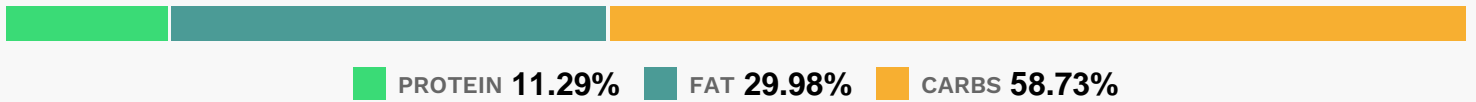
Equipment

- frying pan

Directions

- Stir-fry bell pepper and celery in hot oil in a large skillet 2 to 3 minutes.
- Add garlic; stir-fry 1 minute.
- Stir together cornstarch, ground red pepper, and soy sauce; add to vegetables, and stir-fry 2 minutes or until thickened.
- Add mushrooms, water chestnuts, and green onions; stir-fry 2 minutes or until thoroughly heated.
- Serve over ramen noodles.

Nutrition Facts



Properties

Glycemic Index:126, Glycemic Load:14.36, Inflammation Score:-9, Nutrition Score:26.138260919115%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 413.85kcal (20.69%), Fat: 14.34g (22.06%), Saturated Fat: 4.37g (27.29%), Carbohydrates: 63.2g (21.07%), Net Carbohydrates: 54.32g (19.75%), Sugar: 9.65g (10.73%), Cholesterol: 0mg (0%), Sodium: 2578.27mg (112.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.15g (24.3%), Vitamin K: 77.59µg (73.9%), Vitamin C: 58.98mg (71.49%), Manganese: 0.78mg (38.95%), Vitamin B1: 0.57mg (38.22%), Vitamin A: 1803.14IU (36.06%), Fiber: 8.87g (35.5%), Folate: 132.16µg (33.04%), Vitamin B6: 0.65mg (32.3%), Vitamin B3: 6.04mg (30.19%), Vitamin B2: 0.49mg

(28.82%), Iron: 4.94mg (27.46%), Copper: 0.51mg (25.39%), Potassium: 856.2mg (24.46%), Phosphorus: 206.39mg (20.64%), Vitamin E: 2.6mg (17.34%), Selenium: 11.28µg (16.11%), Vitamin B5: 1.54mg (15.37%), Magnesium: 53.54mg (13.39%), Zinc: 1.73mg (11.56%), Calcium: 82.4mg (8.24%), Vitamin B12: 0.13µg (2.11%)