



Frozen Vegetable Stir-Fry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



91 kcal

SIDE DISH

Ingredients

- 1 tablespoon brown sugar
- 16 ounce vegetables mixed frozen
- 2 teaspoons garlic powder
- 2 teaspoons olive oil
- 2 teaspoons peanut butter
- 2 tablespoons soya sauce

Equipment

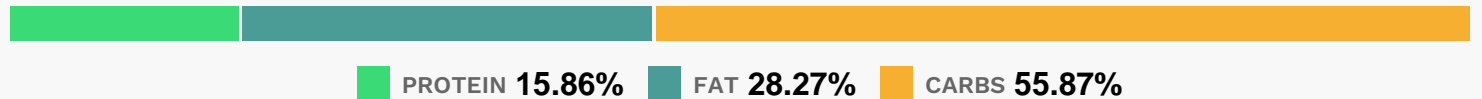
- bowl

frying pan

Directions

- Combine soy sauce, brown sugar, garlic powder, and peanut butter in a small bowl.
- Heat oil in a large skillet over medium heat; cook and stir frozen vegetables until just tender, 5 to 7 minutes.
- Remove from heat and fold in soy sauce mixture.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:3.36, Inflammation Score:-9, Nutrition Score:8.0608694605205%

Nutrients (% of daily need)

Calories: 90.6kcal (4.53%), Fat: 3.1g (4.77%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 13.79g (4.6%), Net Carbohydrates: 10.5g (3.82%), Sugar: 2.35g (2.61%), Cholesterol: 0mg (0%), Sodium: 383.32mg (16.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.83%), Vitamin A: 3838.9IU (76.78%), Manganese: 0.26mg (13.23%), Fiber: 3.29g (13.16%), Vitamin C: 7.87mg (9.54%), Vitamin B3: 1.55mg (7.74%), Vitamin B1: 0.1mg (6.92%), Phosphorus: 65.66mg (6.57%), Magnesium: 26mg (6.5%), Folate: 25.79µg (6.45%), Potassium: 202.63mg (5.79%), Vitamin B6: 0.11mg (5.69%), Iron: 0.99mg (5.47%), Copper: 0.1mg (4.79%), Vitamin B2: 0.08mg (4.7%), Zinc: 0.46mg (3.09%), Vitamin E: 0.44mg (2.94%), Calcium: 23.87mg (2.39%), Vitamin B5: 0.18mg (1.84%), Selenium: 0.72µg (1.03%)