



Gado Gado



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound broccoli thick cut into small florets (1 quart)
- ☐ 1 tablespoon brown sugar
- ☐ 8 carrots
- ☐ 2 cucumbers peeled halved lengthwise seeded cut into 1/2-inch strips
- ☐ 2 cloves garlic crushed
- ☐ 1 pound green beans
- ☐ 0.3 cup juice of lemon (from 1 lemon)
- ☐ 0.5 cup peanut butter

- ☐ 2 pounds potatoes boiling peeled cut into 1-inch chunks (6)
- ☐ 0.5 teaspoon red-pepper flakes
- ☐ 0.8 teaspoon salt
- ☐ 2 scallions including tops green chopped
- ☐ 1 tablespoon soya sauce
- ☐ 1 cup water hot

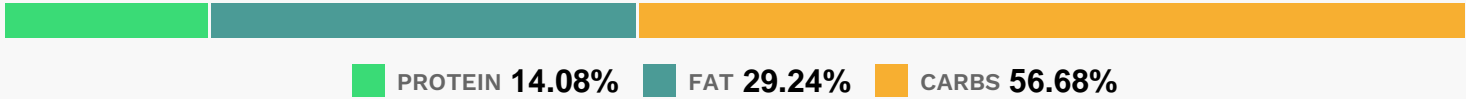
Equipment

- ☐ frying pan
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Bring two medium saucepans of salted water to a boil.
- ☐ Add the potatoes to one of the pans and cook until tender, about 10 minutes.
- ☐ Remove with a slotted spoon and drain well. Meanwhile, cook the green beans in the other pan until tender, about 4 minutes.
- ☐ Remove with a slotted spoon and drain well. As a pan becomes available, cook the carrots and broccoli, separately, until just tender, about 4 minutes each.
- ☐ Drain the vegetables well.
- ☐ Meanwhile, puree the peanut butter, garlic, red-pepper flakes, brown sugar, lemon juice, soy sauce, salt, and hot water in a blender. Put one of the empty saucepans over moderately low heat.
- ☐ Pour the sauce into the pan and warm through. Stir in the scallions and cilantro.
- ☐ Pour a little sauce on one large platter or individual plates. Arrange all the vegetables in small piles over the sauce.
- ☐ Sprinkle with the seeds or nuts and serve with the remaining sauce.
- ☐ Wine Recommendation: Riesling and Asian food go together like Romeo and Juliet. Did you know that great rieslings are made in Australia's Clare Valley? Some are now being imported into the U.S., and this would be a great time to try one.

Nutrition Facts



Properties

Glycemic Index:57.71, Glycemic Load:8.95, Inflammation Score:-10, Nutrition Score:44.414348229118%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Kaempferol: 9.78mg, Kaempferol: 9.78mg, Kaempferol: 9.78mg, Kaempferol: 9.78mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 9.25mg, Quercetin: 9.25mg, Quercetin: 9.25mg, Quercetin: 9.25mg

Nutrients (% of daily need)

Calories: 515.33kcal (25.77%), Fat: 18.09g (27.84%), Saturated Fat: 3.6g (22.48%), Carbohydrates: 78.92g (26.31%), Net Carbohydrates: 62.68g (22.79%), Sugar: 23.33g (25.93%), Cholesterol: 0mg (0%), Sodium: 1007.24mg (43.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.6g (39.21%), Vitamin A: 22129.11IU (442.58%), Vitamin K: 210.71µg (200.68%), Vitamin C: 153.99mg (186.65%), Manganese: 1.63mg (81.29%), Potassium: 2462.6mg (70.36%), Fiber: 16.24g (64.94%), Vitamin B6: 1.18mg (58.83%), Folate: 229.45µg (57.36%), Vitamin B3: 9.97mg (49.86%), Magnesium: 194.74mg (48.68%), Phosphorus: 452.26mg (45.23%), Copper: 0.77mg (38.31%), Vitamin B1: 0.54mg (36.13%), Vitamin E: 5.31mg (35.42%), Vitamin B2: 0.51mg (29.92%), Iron: 5.21mg (28.93%), Vitamin B5: 2.63mg (26.29%), Calcium: 209.21mg (20.92%), Zinc: 2.94mg (19.59%), Selenium: 6.63µg (9.47%)