



## Maple Glaze Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



215 kcal

SIDE DISH

### Ingredients

- 1 tbsp apple cider vinegar
- 1 tsp cornstarch
- 2 tsp juice of lemon
- 1 tbsp soya sauce low sodium
- 2 tbsp maple syrup pure
- 2 cups vegetables chopped
- 1 tbsp sesame seed
- 1 cup vegetable broth

1 garlic cloves whole minced

## Equipment

frying pan

## Directions

Mix cornstarch into 1 tsp cold water, stirring until dissolved and set aside.

Add broth and vegetables to a large frying pan and bring to a boil. Reduce heat and add maple, apple cider vinegar, soy sauce, juice, garlic pepper and agave if using. Cook for five minutes or until vegetables are cooked but still slightly crisp.

Add cornstarch mixture and stir to combine. turn the heat to high and wait for the sauce to thicken, but keep a watchful eye! Once the mixture is thick like a glaze, remove from heat.

Garnish with sesame seeds.

Amount Per Serving

Calories

Fat

Carbohydrate

30g Dietary Fiber 3.20g Sugars 17.80g Protein 4.10g

## Nutrition Facts



## Properties

Glycemic Index:115.75, Glycemic Load:13.69, Inflammation Score:-10, Nutrition Score:17.619130325868%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 215.41kcal (10.77%), Fat: 3.23g (4.96%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 42.8g (14.27%), Net Carbohydrates: 34.88g (12.68%), Sugar: 13.21g (14.67%), Cholesterol: 0mg (0%), Sodium: 846.6mg (36.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.4%), Vitamin A: 9493.08IU (189.86%), Manganese: 1.09mg (54.67%), Fiber: 7.92g (31.69%), Vitamin B2: 0.44mg (25.97%), Vitamin C: 21.33mg (25.86%), Vitamin B1: 0.28mg (18.55%), Copper: 0.36mg (18.16%), Magnesium: 70.27mg (17.57%), Folate: 61.71µg (15.43%), Phosphorus: 152.39mg (15.24%), Iron: 2.56mg (14.24%), Potassium: 496.69mg (14.19%), Vitamin B3: 2.6mg (13.02%), Vitamin B6: 0.24mg (12.2%), Calcium: 117.13mg (11.71%), Zinc: 1.39mg (9.3%), Selenium: 2.57µg (3.67%), Vitamin B5: 0.34mg (3.4%)