



Owen's Veggie Stir-Fry



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



215 kcal

SIDE DISH

Ingredients



1.3 cups bean sprouts



1 carrots sliced



1 teaspoon cornstarch



0.7 cup corn kernels fresh



1 clove garlic crushed



4 green onions sliced



2 tablespoons olive oil



1 bell pepper red chopped

- ☐ 1 tablespoon soya sauce
- ☐ 3 tablespoons vegetable oil
- ☐ 2 tablespoons water
- ☐ 1 zucchini sliced

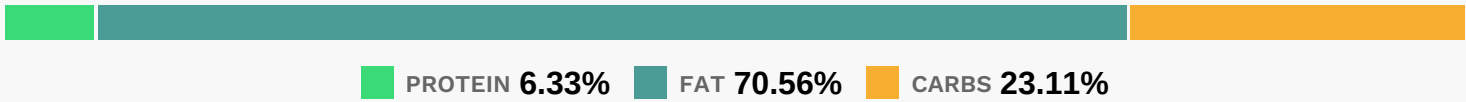
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Whisk together the cornstarch and water in a small bowl.
- ☐ Mix in the soy sauce and olive oil, and set aside.
- ☐ Heat the vegetable oil in a skillet or wok over medium-high heat.
- ☐ Saute the carrot, pepper, and zucchini in oil for about 5 minutes. Stir in the corn, garlic, green onions, and bean sprouts.
- ☐ Pour in the soy sauce mixture. Cook and stir for about 5 minutes, or until vegetables are tender but crisp.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.71, Glycemic Load:1.3, Inflammation Score:-10, Nutrition Score:15.671739163606%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.77mg,

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Nutrients (% of daily need)

Calories: 215.11kcal (10.76%), Fat: 17.9g (27.54%), Saturated Fat: 2.68g (16.78%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 10.18g (3.7%), Sugar: 6.51g (7.23%), Cholesterol: 0mg (0%), Sodium: 275.32mg (11.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.23%), Vitamin A: 3749.32IU (74.99%), Vitamin C: 56.46mg (68.44%), Vitamin K: 64.91µg (61.82%), Vitamin E: 2.59mg (17.27%), Folate: 68.15µg (17.04%), Manganese: 0.3mg (15.04%), Vitamin B6: 0.27mg (13.3%), Fiber: 3.02g (12.07%), Potassium: 402.12mg (11.49%), Vitamin B2: 0.15mg (9.04%), Magnesium: 34.92mg (8.73%), Vitamin B1: 0.13mg (8.37%), Phosphorus: 83.42mg (8.34%), Vitamin B3: 1.6mg (7.98%), Copper: 0.13mg (6.38%), Iron: 1.14mg (6.32%), Vitamin B5: 0.57mg (5.71%), Zinc: 0.6mg (3.98%), Calcium: 31.15mg (3.11%), Selenium: 0.72µg (1.03%)