



HEALTH SCORE

69%

Quick Veggie Stir-Fry



Very Healthy

READY IN



25 min.

SERVINGS



6

CALORIES



195 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce baby corns drained canned
- ☐ 1 head broccoli peeled sliced cut into florets, stalks and
- ☐ 0.3 cup chicken broth
- ☐ 16 ounce coleslaw mix recommended: Dole Classic Coleslaw Mix
- ☐ 2 tablespoons juice of lemon
- ☐ 1 lemon zest
- ☐ 3 tablespoons vegetable oil; peanut oil preferred
- ☐ 1 tablespoon soya sauce

☐ 1 tablespoon sugar

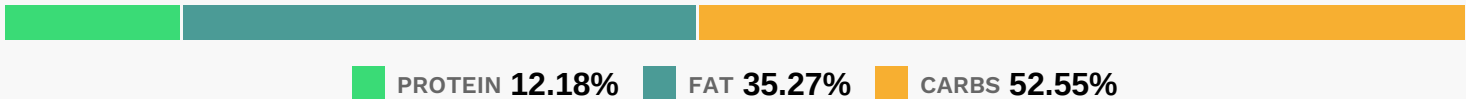
Equipment

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

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small bowl, whisk together the broth, soy sauce, sugar, lemon juice and zest, and set aside.
- ☐ In a large nonstick saute pan or a wok, heat the oil over high heat. When the oil begins to swirl add the broccoli florets and stalks.
- ☐ Saute while rapidly tossing and stirring. When the broccoli brightens, add the coleslaw mix and baby corn; toss to wilt the mix. Once tender, pour in the sauce. Stir to coat and transfer the mixture to a serving bowl.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:36.1, Glycemic Load:11.13, Inflammation Score:-8, Nutrition Score:19.77565221286%

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 Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 8.08mg, Kaempferol: 8.08mg, Kaempferol: 8.08mg, Kaempferol: 8.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 194.93kcal (9.75%), Fat: 8.56g (13.17%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 28.69g (9.56%), Net Carbohydrates: 22.32g (8.12%), Sugar: 9.62g (10.68%), Cholesterol: 0.2mg (0.07%), Sodium: 251.79mg (10.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.65g (13.31%), Vitamin K: 161.15µg (153.47%), Vitamin C: 125.18mg (151.74%), Folate: 114.32µg (28.58%), Fiber: 6.37g (25.48%), Manganese: 0.47mg (23.61%), Vitamin B6: 0.38mg (18.98%), Vitamin A: 892.79IU (17.86%), Potassium: 618.15mg (17.66%), Phosphorus: 145.92mg (14.59%), Vitamin E: 2.08mg (13.87%), Vitamin B5: 1.32mg (13.24%), Vitamin B1: 0.19mg (12.64%), Magnesium: 50.53mg (12.63%), Vitamin B2: 0.2mg (11.85%), Vitamin B3: 2.17mg (10.83%), Iron: 1.51mg (8.37%), Calcium: 82.64mg (8.26%), Zinc: 1.02mg (6.78%), Copper: 0.11mg (5.31%), Selenium: 2.99µg (4.27%)