



HEALTH SCORE

58%

Rainbow Thai Stir-Fry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp agave nectar
- ☐ 1.5 tbsp apple cider vinegar
- ☐ 3 baby bok choy whole chopped
- ☐ 1 cup cauliflower florets
- ☐ 0.5 cup edamame frozen thawed (soy beans)
- ☐ 0.5 tsp ground ginger
- ☐ 1 tsp juice of lime
- ☐ 2 tbsp soya sauce low sodium

- ☐ 1 bell pepper whole red seeded sliced
- ☐ 0.3 tsp pepper flakes red
- ☐ 2 tbsp cooking sherry
- ☐ 5 garlic cloves whole minced
- ☐ 1 bell pepper whole yellow seeded sliced

Equipment

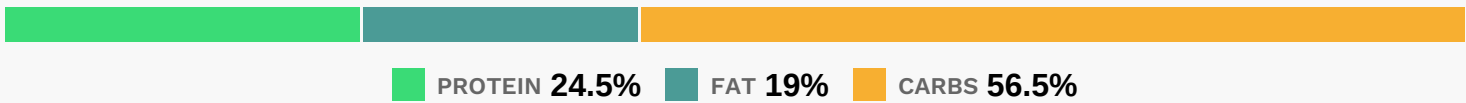
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Line a large skillet or wok with water and cook vegetables over high heat until fork tender but still fairly crisp, about 7-10 minutes. Meanwhile whisk remaining ingredients (except edamame) together to make a sauce. Once vegetables are cooked, pour sauce over top and cook for another 2-3 minutes, allowing the sauce to thicken up a bit.
- ☐ Add edamame, stir until everything is fully incorporated and serve over brown rice. Nutritional Information

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 90g
- ☐ Carbohydrate
- ☐ 80gDietary Fiber6.90gSugars15.30gProtein12g

Nutrition Facts



Properties

Glycemic Index:89.9, Glycemic Load:3.49, Inflammation Score:-10, Nutrition Score:24.204347838526%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 210.79kcal (10.54%), Fat: 4.49g (6.91%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 30.04g (10.01%), Net Carbohydrates: 22.53g (8.19%), Sugar: 14g (15.55%), Cholesterol: 0mg (0%), Sodium: 813.93mg (35.39%), Alcohol: 1.54g (100%), Alcohol %: 0.44% (100%), Protein: 13.02g (26.05%), Vitamin C: 291.33mg (353.13%), Vitamin A: 9604.75IU (192.1%), Manganese: 0.96mg (48.09%), Vitamin B6: 0.63mg (31.27%), Fiber: 7.51g (30.04%), Calcium: 274.32mg (27.43%), Folate: 105.5µg (26.38%), Iron: 4.72mg (26.23%), Potassium: 742mg (21.2%), Vitamin K: 21.75µg (20.72%), Phosphorus: 200.69mg (20.07%), Magnesium: 75.37mg (18.84%), Vitamin B2: 0.29mg (16.92%), Copper: 0.31mg (15.32%), Vitamin B1: 0.18mg (11.79%), Vitamin B3: 1.94mg (9.68%), Vitamin E: 1.41mg (9.37%), Vitamin B5: 0.81mg (8.09%), Zinc: 1.15mg (7.64%), Selenium: 5.33µg (7.62%)