



HEALTH SCORE

79%

Salad Bar Vegetable Stir-fry



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



260 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup rice white instant uncooked
- ☐ 1 cup water
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sesame oil
- ☐ 2.5 cups cauliflower florets
- ☐ 1 cup baby carrots quartered
- ☐ 2.5 cups broccoli florets
- ☐ 3 tablespoons water

- ☐ 1 cup snow peas fresh trimmed
- ☐ 1 bell pepper green red cut into strips
- ☐ 0.5 cup sauce
- ☐ 0.3 cup sunflower seeds shelled

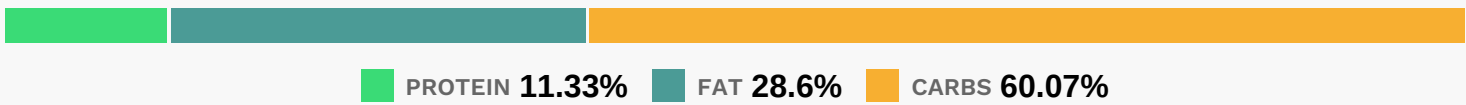
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Cook rice in 1 cup water with salt as directed on package.
- ☐ Meanwhile, in 10-inch skillet or wok, heat oil over medium-high heat.
- ☐ Add cauliflower and carrots; cook and stir 4 minutes.
- ☐ Add broccoli; cook and stir 1 minute.
- ☐ Add 3 tablespoons water. Reduce heat to medium; cover and cook 2 to 3 minutes, stirring occasionally, until vegetables are crisp-tender.
- ☐ Add pea pods, bell pepper and stir-fry sauce; cook and stir until thoroughly heated.
- ☐ Sprinkle with sunflower seeds.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.61, Inflammation Score:-10, Nutrition Score:27.043478198673%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Kaempferol: 4.7mg, Kaempferol: 4.7mg, Kaempferol: 4.7mg, Kaempferol: 4.7mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 260.03kcal (13%), Fat: 8.57g (13.18%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 40.49g (13.5%), Net Carbohydrates: 34.56g (12.57%), Sugar: 12.44g (13.82%), Cholesterol: 0mg (0%), Sodium: 716.34mg (31.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.28%), Vitamin C: 120.43mg (145.97%), Vitamin A: 5147.71IU (102.95%), Vitamin K: 79.53µg (75.74%), Folate: 171.5µg (42.87%), Manganese: 0.74mg (36.83%), Vitamin B1: 0.46mg (30.53%), Vitamin E: 3.7mg (24.68%), Vitamin B6: 0.49mg (24.64%), Fiber: 5.93g (23.71%), Selenium: 14.69µg (20.99%), Iron: 3.37mg (18.72%), Phosphorus: 173.58mg (17.36%), Potassium: 603.39mg (17.24%), Vitamin B3: 3.35mg (16.76%), Copper: 0.32mg (16.18%), Magnesium: 64.31mg (16.08%), Vitamin B5: 1.27mg (12.72%), Vitamin B2: 0.18mg (10.54%), Zinc: 1.3mg (8.63%), Calcium: 77.79mg (7.78%)