



Savory Vegetable Stir-Fry



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



6

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce baby-cut carrots
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion red sliced cut in half and thickly
- ☐ 2 packets flavor concentrated vegetable broth swanson®
- ☐ 2 medium baby squash yellow sliced
- ☐ 2 medium zucchini sliced

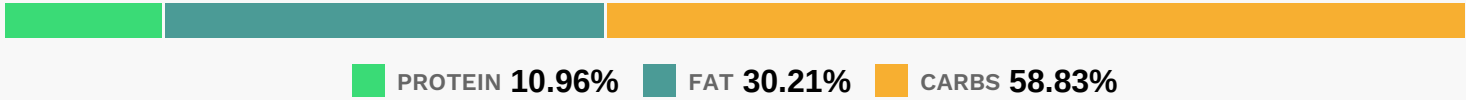
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a 12-inch skillet over medium-high heat.
- ☐ Add the yellow squash, zucchini, carrots and onion and stir-fry until the vegetables are tender-crisp.
- ☐ Stir the concentrated broth in the skillet and cook until the mixture is hot.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:1.06, Inflammation Score:-10, Nutrition Score:12.923043468724%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 76kcal (3.8%), Fat: 2.78g (4.27%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 12.17g (4.06%), Net Carbohydrates: 8.29g (3.01%), Sugar: 7.45g (8.28%), Cholesterol: 0mg (0%), Sodium: 67.61mg (2.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.53%), Vitamin A: 10687.47IU (213.75%), Vitamin C: 26.12mg (31.66%), Manganese: 0.37mg (18.39%), Vitamin B6: 0.35mg (17.51%), Potassium: 547.65mg (15.65%), Fiber: 3.88g (15.5%), Folate: 58.52µg (14.63%), Vitamin K: 13.35µg (12.72%), Vitamin B2: 0.19mg (10.96%), Magnesium: 32.26mg (8.06%), Phosphorus: 76.14mg (7.61%), Copper: 0.15mg (7.53%), Iron: 1.19mg (6.64%), Vitamin B1: 0.09mg (6.12%), Vitamin B5: 0.56mg (5.6%), Vitamin B3: 1.05mg (5.27%), Calcium: 48.68mg (4.87%), Zinc: 0.56mg (3.72%), Vitamin E: 0.5mg (3.31%), Selenium: 1.03µg (1.48%)