



Simple Stir-fry



Vegetarian



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



6

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 Tbsp chili-garlic paste
- ☐ 2 tablespoons cornstarch
- ☐ 2 tablespoons sesame oil dark
- ☐ 14.5 oz chicken broth fat-free low-sodium canned
- ☐ 1 teaspoon ground ginger
- ☐ 16 oz stir-fry vegetables frozen
- ☐ 0.3 cup lite soy sauce

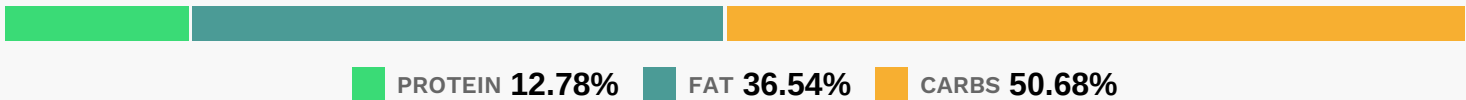
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Whisk together first 6 ingredients.
- ☐ Heat sesame oil in a large skillet or wok at medium-high heat 2 minutes.
- ☐ Add vegetables, and stir-fry 5 to 7 minutes.
- ☐ Add broth mixture, and stir-fry 1 to 2 minutes or until sauce thickens and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:3.52, Inflammation Score:-9, Nutrition Score:8.7513042973435%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 120.78kcal (6.04%), Fat: 5.21g (8.02%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 16.27g (5.42%), Net Carbohydrates: 13.05g (4.74%), Sugar: 2.24g (2.49%), Cholesterol: 0mg (0%), Sodium: 857.04mg (37.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.2%), Vitamin A: 3839.23IU (76.78%), Manganese: 0.4mg (19.79%), Fiber: 3.22g (12.9%), Vitamin C: 8.64mg (10.48%), Vitamin B3: 1.76mg (8.81%), Vitamin B1: 0.11mg (7.19%), Phosphorus: 69.52mg (6.95%), Vitamin B6: 0.14mg (6.77%), Iron: 1.18mg (6.55%), Potassium: 218.48mg (6.24%), Folate: 24.49µg (6.12%), Magnesium: 24.29mg (6.07%), Vitamin B2: 0.1mg (5.69%), Copper: 0.11mg (5.39%), Selenium: 2.53µg (3.61%), Calcium: 30.19mg (3.02%), Zinc: 0.44mg (2.93%), Vitamin B5: 0.26mg (2.61%), Vitamin B12: 0.14µg (2.28%)