



Southern Stir-Fry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



250 kcal

SIDE DISH

Ingredients

- 1 tablespoon vegetable oil
- 1 cup rice white cold cooked
- 1 cup corn frozen
- 1.5 teaspoons thyme sprigs dried fresh chopped
- 0.5 teaspoon garlic salt
- 0.1 teaspoon ground pepper red (cayenne)
- 15 ounces blackeyed peas rinsed drained canned
- 2 cups pkt spinach packed

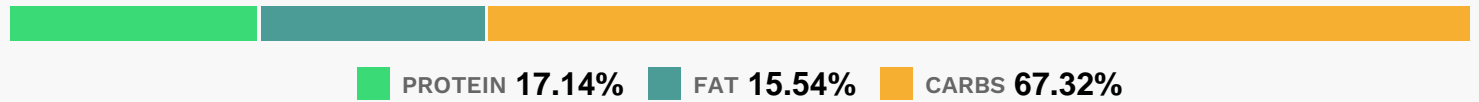
Equipment

- frying pan
- wok

Directions

- Heat wok or 12-inch skillet over medium-high heat.
- Add oil; rotate wok to coat side.
- Add all ingredients except spinach to skillet; stir-fry 3 to 4 minutes or until heated through.
- Add spinach; stir-fry 1 to 2 minutes or until spinach begins to wilt.

Nutrition Facts



Properties

Glycemic Index:64.75, Glycemic Load:18.28, Inflammation Score:-9, Nutrition Score:19.46565236216%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 249.56kcal (12.48%), Fat: 4.48g (6.89%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 43.65g (14.55%), Net Carbohydrates: 34.98g (12.72%), Sugar: 3.6g (4%), Cholesterol: 0mg (0%), Sodium: 309.33mg (13.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.1g (22.22%), Vitamin K: 80.56µg (76.72%), Folate: 268.32µg (67.08%), Manganese: 0.91mg (45.3%), Fiber: 8.68g (34.7%), Vitamin A: 1485.79IU (29.72%), Phosphorus: 227.05mg (22.7%), Magnesium: 87.44mg (21.86%), Iron: 3.57mg (19.85%), Vitamin B1: 0.28mg (18.49%), Copper: 0.36mg (17.87%), Potassium: 520.23mg (14.86%), Zinc: 1.95mg (12.99%), Vitamin B6: 0.25mg (12.51%), Vitamin C: 8.86mg (10.74%), Selenium: 6.11µg (8.72%), Vitamin B2: 0.13mg (7.79%), Vitamin B3: 1.51mg (7.53%), Vitamin B5: 0.72mg (7.25%), Vitamin E: 0.91mg (6.1%), Calcium: 49.27mg (4.93%)