



Soy-Glazed Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 1 pound baby bok choy separated chopped
- ☐ 2 carrots peeled sliced
- ☐ 8 ounces mushroom caps fresh stemmed sliced
- ☐ 1 tablespoon blackstrap molasses
- ☐ 1.5 cups bell pepper red sliced
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup vegetable broth

☐ 3 tablespoons vegetable oil divided

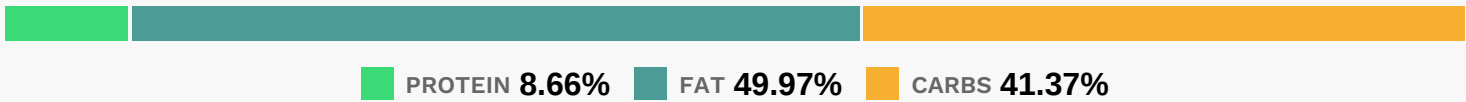
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat a wok or large frying pan over high heat.
- ☐ Add 2 tbsp. oil and swirl wok to coat. Cook bok choy stems and carrots, stirring often until starting to soften, about 3 minutes.
- ☐ Add red pepper and cook another 2 minutes.
- ☐ Transfer mixture to a bowl.
- ☐ Return wok to heat and add remaining 1 tbsp. oil.
- ☐ Add bok choy leaves and mushrooms. Cook, stirring once or twice to prevent burning, until leaves are starting to soften, about 2 minutes more.
- ☐ Add remaining ingredients and reserved vegetables, stirring to combine.

Nutrition Facts



Properties

Glycemic Index:47.49, Glycemic Load:4.28, Inflammation Score:-10, Nutrition Score:15.340000007464%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 122.76kcal (6.14%), Fat: 7.16g (11.02%), Saturated Fat: 1.07g (6.67%), Carbohydrates: 13.34g (4.45%), Net Carbohydrates: 10.24g (3.72%), Sugar: 8.94g (9.93%), Cholesterol: 0mg (0%), Sodium: 482.81mg (20.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Vitamin A: 7969.04IU (159.38%), Vitamin C: 82.9mg

(100.48%), Vitamin K: 17.01µg (16.2%), Vitamin B6: 0.28mg (14.08%), Fiber: 3.1g (12.4%), Manganese: 0.24mg (11.94%), Vitamin B3: 2.3mg (11.49%), Calcium: 101.29mg (10.13%), Potassium: 320mg (9.14%), Vitamin E: 1.28mg (8.53%), Vitamin B2: 0.14mg (7.94%), Vitamin B5: 0.79mg (7.9%), Phosphorus: 67.97mg (6.8%), Iron: 1.22mg (6.79%), Folate: 26.99µg (6.75%), Magnesium: 24.94mg (6.23%), Copper: 0.09mg (4.68%), Selenium: 2.87µg (4.09%), Zinc: 0.57mg (3.78%), Vitamin B1: 0.04mg (2.94%), Vitamin D: 0.15µg (1.01%)