



Spicy Vegetable Stir-Fry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 2 teaspoons ginger grated
- ☐ 15 ounces straw mushrooms whole drained canned
- ☐ 15 ounces baby corns drained canned
- ☐ 8 ounces bamboo skewers drained sliced canned
- ☐ 1 medium bell pepper red cut into 1/4-inch strips
- ☐ 1 cup snow peas chinese ()
- ☐ 1 tablespoon cilantro leaves fresh finely chopped

- ☐ 1 pound cabbage shredded chinese (napa)
- ☐ 2 teaspoons chili puree with garlic

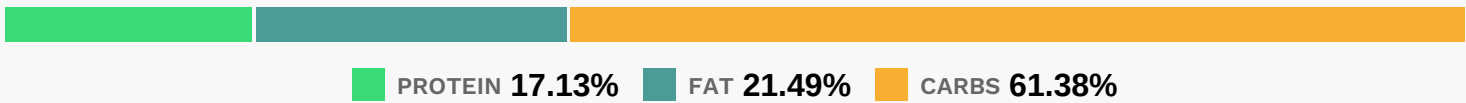
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat wok or 12-inch skillet over high heat.
- ☐ Add oil; rotate wok to coat side.
- ☐ Add gingerroot; stir-fry 30 seconds.
- ☐ Add mushrooms, corn, bamboo shoots, bell pepper, pea pods and cilantro; stir-fry about 2 minutes or until vegetables are crisp-tender. Stir in cabbage. Stir in chili puree; cook and stir 30 seconds.

Nutrition Facts



Properties

Glycemic Index:35.08, Glycemic Load:8.89, Inflammation Score:-8, Nutrition Score:17.204348087311%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 150.5kcal (7.52%), Fat: 4.14g (6.36%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 26.58g (8.86%), Net Carbohydrates: 19.67g (7.15%), Sugar: 7.96g (8.84%), Cholesterol: 0mg (0%), Sodium: 290.7mg (12.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.42g (14.83%), Vitamin C: 67.22mg (81.48%), Vitamin K: 67.17µg (63.97%), Fiber: 6.91g (27.65%), Folate: 92.97µg (23.24%), Manganese: 0.43mg (21.6%), Vitamin A: 1068.5IU (21.37%), Vitamin B6: 0.34mg (16.93%), Selenium: 11.47µg (16.39%), Phosphorus: 140.98mg (14.1%), Potassium: 446.17mg (12.75%), Iron: 2.28mg (12.66%), Vitamin B5: 1.24mg (12.35%), Vitamin B1: 0.17mg (11.1%), Copper: 0.2mg (10.22%), Magnesium: 40.58mg (10.14%), Vitamin B2: 0.16mg (9.43%), Vitamin B3: 1.88mg (9.4%), Zinc: 1.39mg (9.28%), Vitamin E: 0.98mg (6.54%), Calcium: 51.04mg (5.1%)