



HEALTH SCORE

92%

Steamed Asian Sesame Veggies



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



135 kcal

SIDE DISH

Ingredients



1 head broccoli cut into florets



8 ounce water chestnuts drained sliced canned



1 large carrots sliced



1 stalk celery sliced



1 inch ginger fresh minced



3 cloves garlic minced



0.3 cup soya sauce reduced-sodium



0.8 teaspoon sesame oil

- ☐ 1.5 teaspoons sesame seed toasted
- ☐ 0.5 cup snow peas
- ☐ 0.5 cup water

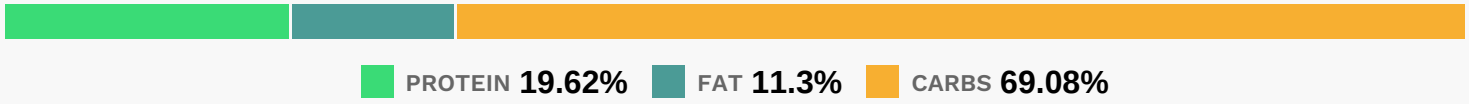
Equipment

- ☐ frying pan

Directions

- ☐ Bring water to a simmer in a skillet over medium heat; add broccoli, water chestnuts, carrots, celery, snow peas, and ginger. Simmer until vegetables are just tender, 6 to 8 minutes.
- ☐ Drain any remaining water.
- ☐ Mix garlic into vegetable mixture; cook and stir until fragrant, about 3 minutes. Season with soy sauce and sesame oil, cooking until liquid has evaporated, about 5 minutes. Stir in toasted sesame seeds.
- ☐ Sprinkle black sesame seeds over vegetables before serving.

Nutrition Facts



Properties

Glycemic Index:47.71, Glycemic Load:2.86, Inflammation Score:-10, Nutrition Score:24.607391378154%

Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Kaempferol: 11.99mg, Kaempferol: 11.99mg, Kaempferol: 11.99mg, Kaempferol: 11.99mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 134.59kcal (6.73%), Fat: 1.89g (2.91%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 26.05g (8.68%), Net Carbohydrates: 18.62g (6.77%), Sugar: 6.37g (7.08%), Cholesterol: 0mg (0%), Sodium: 653.8mg (28.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.4g (14.8%), Vitamin C: 146.23mg (177.25%), Vitamin K: 163.72µg (155.92%), Vitamin A: 4132.37IU (82.65%), Folate: 121.03µg (30.26%), Manganese: 0.6mg (30.2%), Fiber: 7.43g (29.71%), Vitamin B6: 0.52mg (26.03%), Potassium: 768.64mg (21.96%), Phosphorus: 167.73mg (16.77%), Vitamin

B2: 0.27mg (15.79%), Magnesium: 57.9mg (14.47%), Iron: 2.58mg (14.35%), Vitamin E: 1.91mg (12.7%), Vitamin B5: 1.23mg (12.3%), Copper: 0.24mg (11.9%), Vitamin B1: 0.17mg (11.14%), Calcium: 107.38mg (10.74%), Vitamin B3: 1.82mg (9.08%), Zinc: 1.27mg (8.44%), Selenium: 5.24µg (7.48%)