



HEALTH SCORE

77%

Steamed Chinese Vegetables with Brown Rice



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



226 kcal

SIDE DISH

Ingredients

- ☐ 1 eggplant cut into 2x1/2-inch strips (3 cups)
- ☐ 1 medium bell pepper red cut into julienne strips (1 1/2 cups)
- ☐ 1 large carrots cut into julienne strips (1 cup)
- ☐ 1 cup baby bok choy leaves sliced
- ☐ 1 medium onion thinly sliced
- ☐ 2 cups snow peas chinese ()
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon creamy peanut butter

- ☐ 1 tablespoon hoisin sauce
- ☐ 1 teaspoon ginger grated
- ☐ 1 clove garlic finely chopped
- ☐ 2 cups brown rice hot cooked

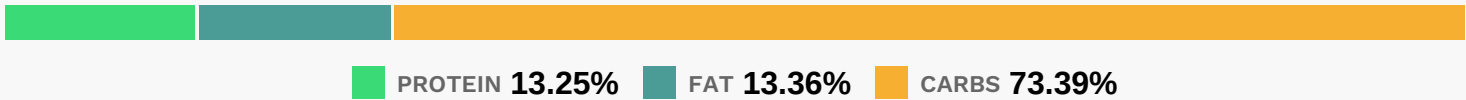
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ steamer basket

Directions

- ☐ Place steamer basket in 1/2 inch water in saucepan or skillet (water should not touch bottom of basket).
- ☐ Place eggplant, bell pepper, carrot, bok choy and onion in steamer basket. Cover tightly and heat to boiling; reduce heat to medium-low. Steam 5 to 8 minutes, adding pea pods for the last minute of steaming, until vegetables are crisp-tender.
- ☐ Beat soy sauce, peanut butter, hoisin sauce, gingerroot and garlic in large bowl with wire whisk until blended.
- ☐ Add vegetables; toss.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:65.51, Glycemic Load:13.8, Inflammation Score:-10, Nutrition Score:25.003478454507%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 226.39kcal (11.32%), Fat: 3.5g (5.39%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 43.32g (14.44%), Net Carbohydrates: 34.68g (12.61%), Sugar: 11.16g (12.4%), Cholesterol: 0.12mg (0.04%), Sodium: 616.2mg (26.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.82g (15.64%), Vitamin A: 5280.27IU (105.61%), Vitamin C: 81.25mg (98.48%), Manganese: 1.7mg (85.23%), Fiber: 8.64g (34.55%), Vitamin B6: 0.55mg (27.33%), Vitamin K: 28.21µg (26.87%), Magnesium: 94.22mg (23.55%), Folate: 89.61µg (22.4%), Potassium: 693.34mg (19.81%), Vitamin B3: 3.86mg (19.32%), Vitamin B1: 0.28mg (18.52%), Phosphorus: 185.11mg (18.51%), Iron: 2.52mg (13.99%), Copper: 0.28mg (13.77%), Vitamin B5: 1.35mg (13.49%), Vitamin B2: 0.18mg (10.57%), Vitamin E: 1.52mg (10.15%), Zinc: 1.28mg (8.54%), Calcium: 80.32mg (8.03%), Selenium: 1.38µg (1.97%)