



HEALTH SCORE

68%

Steamed Vegetables in Peanut Sauce with Rice



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



455 kcal

SAUCE

Ingredients

- ☐ 1 eggplant cut into 2 1/2-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 bok choy sliced (stems and leaves)
- ☐ 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 rice white hot cooked

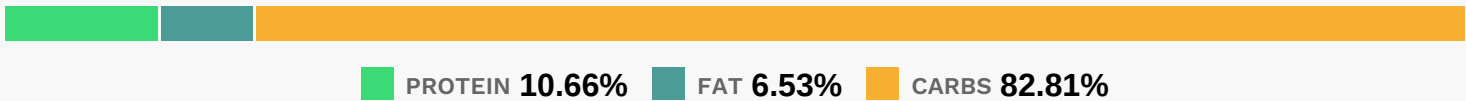
Equipment

- ☐ 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. Steam 5 to 8 minutes or until vegetables are crisp-tender; add pea pods for the last minute of steaming.
- ☐ Beat soy sauce, peanut butter, hoisin sauce, gingerroot and garlic in large bowl, using wire whisk, until blended.
- ☐ Add vegetables to peanut butter mixture; toss.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:47.26, Inflammation Score:-10, Nutrition Score:26.459565328515%

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: 454.82kcal (22.74%), Fat: 3.31g (5.09%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 94.35g (31.45%), Net Carbohydrates: 86.26g (31.37%), Sugar: 11.27g (12.52%), Cholesterol: 0.12mg (0.04%), Sodium: 619.85mg (26.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.15g (24.3%), Vitamin A: 5280.27IU (105.61%), Vitamin C: 81.25mg (98.48%), Manganese: 1.64mg (82.07%), Fiber: 8.08g (32.34%), Vitamin B6: 0.55mg (27.65%), Vitamin K: 28.3µg (26.95%), Folate: 93.11µg (23.28%), Selenium: 15.34µg (21.92%), Phosphorus: 216.41mg (21.64%), Potassium: 722.69mg (20.65%), Vitamin B3: 4.05mg (20.24%), Copper: 0.4mg (20%), Vitamin B5: 1.9mg (19.04%), Magnesium: 74.44mg (18.61%), Vitamin B1: 0.24mg (16.21%), Iron: 2.74mg (15.23%), Vitamin B2: 0.21mg (12.55%), Zinc: 1.68mg (11.23%), Vitamin E: 1.62mg (10.83%), Calcium: 96.47mg (9.65%)