



Stir-Fried Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



3

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 0.8 pound asparagus fresh trimmed cut into 2-inch pieces
- ☐ 8 ounces water chestnuts drained canned
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon cornstarch
- ☐ 1 cup mushrooms fresh sliced
- ☐ 1 garlic clove minced
- ☐ 0.5 medium bell pepper green julienned cut into strips
- ☐ 0.3 cup spring onion sliced

- ☐ 2 tablespoons soy sauce reduced-sodium
- ☐ 0.8 cup vegetable broth reduced-sodium

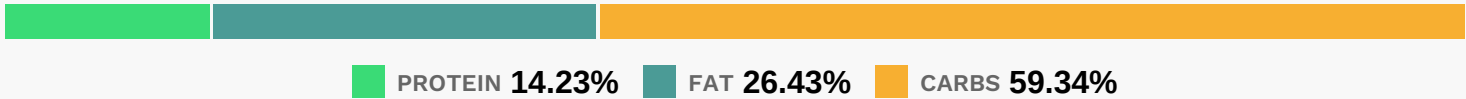
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ In a small bowl, combine the cornstarch, broth and soy sauce until smooth; set aside. In a large nonstick skillet or wok, stir-fry the asparagus, green pepper, onions and garlic in hot oil for 2–3 minutes.
- ☐ Add the mushrooms; stir-fry for 1–2 minutes.
- ☐ Add water chestnuts; stir-fry 1–2 minutes longer. Stir broth mixture; add to the vegetables. Bring to a boil; cook and stir for 2 minutes or until thickened.

Nutrition Facts



Properties

Glycemic Index:45.33, Glycemic Load:1.15, Inflammation Score:-8, Nutrition Score:17.154347943871%

Flavonoids

Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 17.2mg, Quercetin: 17.2mg, Quercetin: 17.2mg, Quercetin: 17.2mg

Nutrients (% of daily need)

Calories: 158.05kcal (7.9%), Fat: 5.07g (7.8%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 25.6g (8.53%), Net Carbohydrates: 19.03g (6.92%), Sugar: 6.65g (7.39%), Cholesterol: 0mg (0%), Sodium: 399.28mg (17.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.28%), Vitamin K: 69.46µg (66.15%), Vitamin C: 26.36mg (31.95%), Fiber: 6.58g (26.3%), Copper: 0.46mg (23.18%), Iron: 3.98mg (22.11%), Vitamin B2: 0.36mg (20.95%), Manganese: 0.42mg (20.84%), Folate: 83.25µg (20.81%), Vitamin A: 1013.85IU (20.28%), Vitamin B6: 0.4mg

(20.15%), Vitamin E: 2.85mg (19.03%), Potassium: 569.27mg (16.26%), Vitamin B1: 0.22mg (14.87%), Vitamin B3: 2.96mg (14.78%), Phosphorus: 135.8mg (13.58%), Vitamin B5: 1.02mg (10.23%), Selenium: 6.74µg (9.62%), Zinc: 1.38mg (9.2%), Magnesium: 36.14mg (9.04%), Calcium: 45.76mg (4.58%)