



Stir-Fried Broccoli and Carrots

 Gluten Free  Dairy Free

READY IN



11 min.

SERVINGS



4

CALORIES



95 kcal

SIDE DISH

Ingredients

- 2 teaspoons ginger finely chopped
- 1 garlic clove finely chopped
- 1.5 cups cauliflower florets
- 1 cup carrots thinly sliced
- 1 small onion separated sliced
- 0.8 cup chicken broth (from 32-ounce carton)
- 0.3 teaspoon salt
- 1 tablespoon cornstarch

- 1 tablespoon water cold
- 8 ounces water chestnuts drained sliced canned
- 3 ounces mushrooms fresh sliced
- 2 tablespoons oyster sauce

Equipment

- frying pan
- wok

Directions

- Spray wok or 12-inch skillet with cooking spray; heat over medium-high heat.
- Add gingerroot and garlic; stir-fry about 1 minute or until light brown.
- Add broccoli, carrots and onion; stir-fry 1 minute.
- Stir in broth and salt. Cover and cook about 3 minutes or until carrots are crisp-tender.
- Mix cornstarch and cold water; stir into vegetable mixture. Cook and stir about 10 seconds or until thickened.
- Add water chestnuts, mushrooms and oyster sauce; cook and stir 30 seconds.

Nutrition Facts



PROTEIN 12.15% **FAT 3.94%** **CARBS 83.91%**

Properties

Glycemic Index:45.71, Glycemic Load:1.98, Inflammation Score:-10, Nutrition Score:12.640869623941%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 95.17kcal (4.76%), Fat: 0.45g (0.69%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 21.57g (7.19%), Net Carbohydrates: 17.12g (6.23%), Sugar: 5.79g (6.43%), Cholesterol: 0.88mg (0.29%), Sodium: 597.04mg (25.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.25%), Vitamin A: 5347.22IU (106.94%), Vitamin C: 23.13mg (28.04%), Fiber: 4.45g (17.79%), Vitamin B6: 0.31mg (15.46%), Manganese: 0.27mg (13.45%), Potassium: 432.05mg (12.34%), Vitamin B2: 0.19mg (11.24%), Copper: 0.22mg (10.9%), Folate: 40.98µg (10.24%), Vitamin K: 10.29µg (9.8%), Vitamin B3: 1.85mg (9.26%), Vitamin B5: 0.81mg (8.15%), Phosphorus: 73.56mg (7.36%), Iron: 1.24mg (6.91%), Vitamin B1: 0.09mg (5.78%), Selenium: 3.69µg (5.27%), Magnesium: 19.18mg (4.8%), Vitamin E: 0.71mg (4.73%), Zinc: 0.71mg (4.71%), Calcium: 33.28mg (3.33%)