



Stir-Fried Broccoli and Carrots



Gluten Free



Dairy Free

READY IN



11 min.

SERVINGS



4

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups broccoli
- ☐ 8 ounces water chestnuts drained sliced canned
- ☐ 1 cup carrots thinly sliced
- ☐ 0.8 cup chicken broth (from 32-ounce carton)
- ☐ 1 tablespoon cornstarch
- ☐ 1 garlic clove finely chopped
- ☐ 2 teaspoons ginger finely chopped
- ☐ 3 ounces mushrooms fresh sliced

- ☐ 1 small onion separated sliced
- ☐ 2 tablespoons oyster sauce
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon water cold

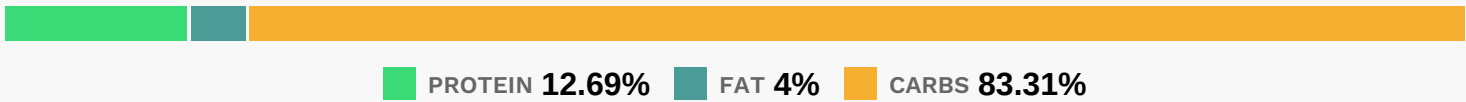
Equipment

- ☐ 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



Properties

Glycemic Index:45.71, Glycemic Load:2.05, Inflammation Score:-10, Nutrition Score:14.632608689692%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg

Nutrients (% of daily need)

Calories: 97.01kcal (4.85%), Fat: 0.47g (0.72%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 21.9g (7.3%), Net Carbohydrates: 17.34g (6.31%), Sugar: 5.63g (6.26%), Cholesterol: 0.88mg (0.29%), Sodium: 596.68mg (25.94%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.67%), Vitamin A: 5552.81IU (111.06%), Vitamin C: 34.49mg (41.81%), Vitamin K: 38.14µg (36.32%), Fiber: 4.56g (18.22%), Vitamin B6: 0.3mg (14.9%), Manganese: 0.28mg (14.01%), Vitamin B2: 0.21mg (12.19%), Potassium: 424.21mg (12.12%), Copper: 0.22mg (10.98%), Folate: 40.4µg (10.1%), Vitamin B3: 1.87mg (9.37%), Phosphorus: 78.84mg (7.88%), Vitamin B5: 0.75mg (7.53%), Iron: 1.33mg (7.37%), Vitamin E: 0.94mg (6.25%), Selenium: 4.29µg (6.13%), Vitamin B1: 0.09mg (6.09%), Magnesium: 20.49mg (5.12%), Zinc: 0.74mg (4.93%), Calcium: 40.54mg (4.05%)