



Stir Fried Pasta with Veggies

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups broccoli florets
- 2 cups carrots julienned
- 2 cups cauliflower florets
- 2 cloves garlic crushed
- 4 servings pepper black to taste
- 2 tablespoons olive oil
- 1 onion sliced into thin rings
- 4 servings salt to taste

- 2 chicken breast halves boneless skinless cut into bite-size pieces
- 2 tablespoons soya sauce
- 8 ounces pasta like spaghetti

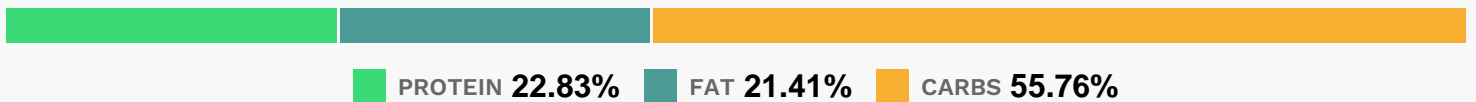
Equipment

- frying pan
- pot
- wok

Directions

- Bring a large pot of water to a boil. Cook spaghetti pasta in boiling water until al dente.
- Drain.
- Meanwhile, heat oil in a large skillet or wok over medium-high heat. Cook garlic in oil for 1 minute. Stir in onion, and cook until soft. Stir in chicken, and cook until juices run clear.
- Mix in the broccoli, cauliflower, and carrots, and cook for 2 to 5 minutes, stirring frequently. Season with soy sauce, salt, and pepper.
- Toss pasta with vegetables, and serve warm.

Nutrition Facts



Properties

Glycemic Index:64.21, Glycemic Load:20.9, Inflammation Score:-10, Nutrition Score:30.069565119951%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 4.08mg, Kaempferol: 4.08mg, Kaempferol: 4.08mg, Kaempferol: 4.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg

Nutrients (% of daily need)

Calories: 409.74kcal (20.49%), Fat: 9.83g (15.12%), Saturated Fat: 1.6g (9.98%), Carbohydrates: 57.6g (19.2%), Net Carbohydrates: 51.22g (18.63%), Sugar: 7.61g (8.46%), Cholesterol: 36.16mg (12.05%), Sodium: 841.16mg (36.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.58g (47.16%), Vitamin A: 10993.49IU (219.87%), Vitamin C: 71.64mg (86.84%), Selenium: 55.84µg (79.78%), Vitamin K: 67.29µg (64.09%), Manganese: 0.91mg (45.58%), Vitamin B3: 8.43mg (42.15%), Vitamin B6: 0.83mg (41.68%), Phosphorus: 322.37mg (32.24%), Potassium: 900.25mg (25.72%), Fiber: 6.39g (25.54%), Folate: 88.7µg (22.17%), Magnesium: 76.38mg (19.09%), Vitamin B5: 1.9mg (18.96%), Copper: 0.28mg (13.93%), Vitamin B1: 0.21mg (13.85%), Vitamin B2: 0.23mg (13.75%), Vitamin E: 2mg (13.35%), Zinc: 1.71mg (11.38%), Iron: 2.03mg (11.27%), Calcium: 79.71mg (7.97%), Vitamin B12: 0.11µg (1.88%)