



Stir Fried Sesame Vegetables with Rice



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



318 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pound asparagus fresh trimmed cut into 1 inch pieces
- ☐ 2 teaspoons ginger root fresh minced
- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon butter
- ☐ 2 cups mushrooms sliced
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 1 large bell pepper red cut into 1 inch pieces
- ☐ 1 tablespoon sesame oil

- ☐ 1 tablespoon sesame seed
- ☐ 3 tablespoons soya sauce
- ☐ 1.5 cups vegetable broth
- ☐ 0.8 cup rice long-grain white uncooked
- ☐ 1 large onion yellow sliced

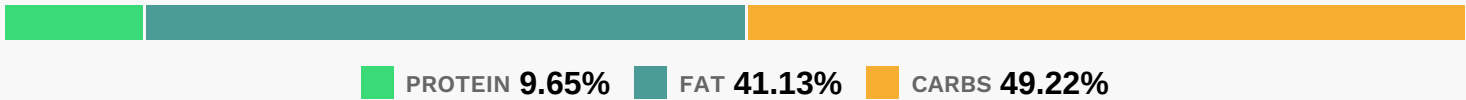
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wok

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). In a saucepan combine broth, rice and margarine. Cover and bring to a boil over high heat. Reduce heat to low and simmer for 15 minutes, or until all liquid is absorbed.
- ☐ Place sesame seeds on a small baking sheet and bake in preheated oven for 5 to 6 minutes, or until golden brown; set aside. Meanwhile, heat peanut oil in a large skillet or wok over medium-high heat until very hot.
- ☐ Add asparagus, bell pepper, onion, mushrooms, ginger and garlic and stir-fry for 4 to 5 minutes, or until vegetables are tender but crisp. Stir in soy-sauce and cook for 30 seconds.
- ☐ Remove from heat and stir in sesame oil and toasted sesame seeds.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:81.05, Glycemic Load:19.43, Inflammation Score:-9, Nutrition Score:18.50043479256%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.65mg, Quercetin: 15.65mg, Quercetin: 15.65mg, Quercetin: 15.65mg

Nutrients (% of daily need)

Calories: 318.04kcal (15.9%), Fat: 14.96g (23.01%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 40.28g (13.43%), Net Carbohydrates: 36.28g (13.19%), Sugar: 6.38g (7.09%), Cholesterol: 0mg (0%), Sodium: 1148.5mg (49.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.89g (15.79%), Vitamin C: 59.73mg (72.4%), Vitamin A: 2026.25IU (40.53%), Manganese: 0.72mg (35.76%), Vitamin K: 26.32µg (25.07%), Copper: 0.46mg (23.1%), Vitamin B2: 0.36mg (21.34%), Vitamin B3: 3.92mg (19.62%), Vitamin B6: 0.38mg (18.84%), Folate: 70.94µg (17.74%), Vitamin E: 2.6mg (17.36%), Selenium: 12.14µg (17.35%), Phosphorus: 164.61mg (16.46%), Fiber: 4g (16%), Vitamin B5: 1.46mg (14.63%), Iron: 2.62mg (14.55%), Potassium: 494.93mg (14.14%), Vitamin B1: 0.21mg (13.97%), Magnesium: 42.74mg (10.69%), Zinc: 1.33mg (8.84%), Calcium: 61.02mg (6.1%)