



Stir-Fried Sweet and Sour Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



247 kcal

SIDE DISH

Ingredients

- ☐ 8 baby corns sliced
- ☐ 1 carrots peeled sliced
- ☐ 0.5 head cauliflower chopped
- ☐ 1 cucumber cut into bite-size pieces
- ☐ 1 tablespoon fish sauce
- ☐ 4 cloves garlic minced
- ☐ 1 tablespoon soya sauce light
- ☐ 2 tablespoons juice of lime

- ☐ 1 onion cut into thin slivers
- ☐ 1 tablespoon oyster sauce
- ☐ 3 tablespoons coconut sugar
- ☐ 1 cup peas
- ☐ 0.3 pineapple fresh cut into bite-size chunks
- ☐ 1 large bell pepper red sliced
- ☐ 1 tomatoes cut into bite-size pieces
- ☐ 2 tablespoons vegetable oil

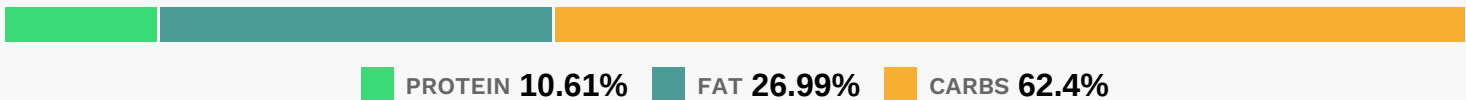
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Stir the palm sugar, lime juice, fish sauce, oyster sauce, and soy sauce together in a small saucepan over medium-low heat until the sugar is completely dissolved; bring to a simmer. Set aside.
- ☐ Heat the oil in a large skillet; fry the garlic in the hot oil until browned, 7 to 10 minutes.
- ☐ Add the onion; cook for 1 minute. Stir the cauliflower and carrot into the mixture; cook and stir for 1 minute.
- ☐ Mix the cucumber, corn, and peas into the mixture; cook for 1 more minute. Stir the bell pepper and tomato into the mixture; cook 1 minute.
- ☐ Pour the sauce over the mixture, add the pineapple, and toss so the entire mixture is evenly coated in sauce; cook another minute.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:112.08, Glycemic Load:15.41, Inflammation Score:-10, Nutrition Score:24.093478449013%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Nutrients (% of daily need)

Calories: 246.61kcal (12.33%), Fat: 8.01g (12.32%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 41.66g (13.89%), Net Carbohydrates: 33.95g (12.34%), Sugar: 22.15g (24.61%), Cholesterol: 0mg (0%), Sodium: 787.01mg (34.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.08g (14.17%), Vitamin C: 142.85mg (173.15%), Vitamin A: 4525.13IU (90.5%), Manganese: 1.11mg (55.38%), Vitamin K: 45.19µg (43.04%), Folate: 127.41µg (31.85%), Fiber: 7.71g (30.85%), Vitamin B6: 0.6mg (29.84%), Potassium: 817.76mg (23.36%), Vitamin B1: 0.29mg (19.48%), Magnesium: 69.38mg (17.34%), Phosphorus: 155.22mg (15.52%), Vitamin B3: 3.02mg (15.08%), Copper: 0.29mg (14.43%), Vitamin B5: 1.31mg (13.06%), Vitamin B2: 0.22mg (12.88%), Vitamin E: 1.66mg (11.05%), Iron: 1.85mg (10.29%), Zinc: 1.31mg (8.74%), Calcium: 71.57mg (7.16%), Selenium: 2.54µg (3.63%)