



Stir-Fried Vegetables with Lemongrass

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



253 kcal

SIDE DISH

Ingredients

- 12 asparagus spears cut into 1-inch lengths
- 0.5 cup basil chopped
- 0.5 cup carrots shredded (2 medium)
- 1 pound cauliflower cut into 1-inch florets (4 cups)
- 2 stalks lemongrass fresh white thinly sliced
- 1 cup mung bean sprouts
- 4 servings pepper freshly ground
- 1 bell pepper red cut into 1-inch pieces

- 4 servings rice for serving
- 3 shallots thinly sliced
- 3 tablespoons soya sauce
- 0.5 cup coconut milk unsweetened
- 3 tablespoons vegetable oil
- 0.8 cup water

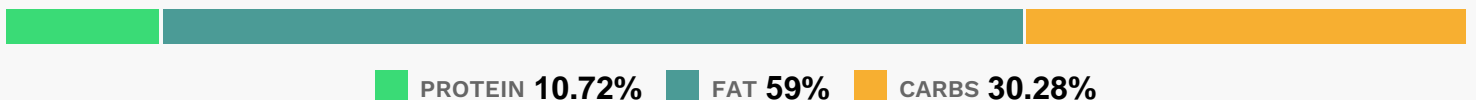
Equipment

- food processor
- bowl
- frying pan

Directions

- In a mini food processor, finely chop the lemongrass.
- In a large skillet, heat the vegetable oil.
- Add the lemongrass and shallots and stir-fry over high heat until the shallots are golden brown, about 2 minutes.
- Add the cauliflower, asparagus, carrots and red bell pepper along with 1/2 cup of the water; cover and cook over moderately high heat, stirring a few times, until the vegetables are crisp-tender, about 3 minutes. Stir in the coconut milk, soy sauce and the remaining 1/4 cup of water and bring to a simmer.
- Remove from the heat and season with pepper. Stir in the basil and bean sprouts.
- Transfer the stir-fried vegetables to bowls and serve with rice.

Nutrition Facts



Properties

Glycemic Index:87.75, Glycemic Load:3.61, Inflammation Score:-10, Nutrition Score:25.699130348537%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg

Nutrients (% of daily need)

Calories: 252.83kcal (12.64%), Fat: 17.99g (27.67%), Saturated Fat: 8.1g (50.66%), Carbohydrates: 20.77g (6.92%), Net Carbohydrates: 14.5g (5.27%), Sugar: 8.87g (9.85%), Cholesterol: 0mg (0%), Sodium: 812.49mg (35.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.71%), Vitamin C: 102.88mg (124.7%), Vitamin A: 4132.77IU (82.66%), Vitamin K: 81.25µg (77.38%), Manganese: 1.2mg (60.17%), Folate: 143.55µg (35.89%), Fiber: 6.27g (25.08%), Vitamin B6: 0.5mg (24.9%), Potassium: 824.43mg (23.56%), Iron: 3.68mg (20.45%), Copper: 0.35mg (17.32%), Phosphorus: 171.59mg (17.16%), Magnesium: 62.4mg (15.6%), Vitamin E: 2.15mg (14.32%), Vitamin B2: 0.24mg (14.11%), Vitamin B1: 0.21mg (13.83%), Vitamin B3: 2.61mg (13.07%), Vitamin B5: 1.31mg (13.06%), Zinc: 1.33mg (8.85%), Calcium: 73.89mg (7.39%), Selenium: 4.4µg (6.28%)