



Stir-Fry Broccoli and Carrots



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



51 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons ginger finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 1.5 cups cauliflower florets
- ☐ 1 cup carrots thinly sliced
- ☐ 1 small onion separated sliced
- ☐ 0.8 cup chicken broth (from 32-ounce carton)
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon cornstarch

- ☐ 1 tablespoon water cold
- ☐ 3 ounces mushrooms sliced
- ☐ 2 tablespoons oyster sauce

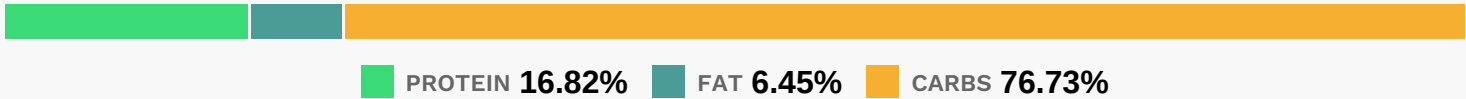
Equipment

- ☐ 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 remaining ingredients; cook and stir 30 seconds.

Nutrition Facts



Properties

Glycemic Index:45.71, Glycemic Load:1.98, Inflammation Score:-10, Nutrition Score:10.513913047055%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.84mg, Quercetin:

3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 50.94kcal (2.55%), Fat: 0.4g (0.61%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 8.45g (3.07%), Sugar: 3.61g (4.01%), Cholesterol: 0.88mg (0.29%), Sodium: 590.23mg (25.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Vitamin A: 5347.22IU (106.94%), Vitamin C: 22mg (26.66%), Vitamin B2: 0.17mg (9.98%), Vitamin K: 10.12µg (9.64%), Potassium: 327.73mg (9.36%), Folate: 35.88µg (8.97%), Fiber: 2.24g (8.95%), Manganese: 0.18mg (8.89%), Vitamin B6: 0.17mg (8.43%), Vitamin B3: 1.53mg (7.67%), Vitamin B5: 0.69mg (6.89%), Copper: 0.13mg (6.48%), Phosphorus: 56.55mg (5.66%), Vitamin B1: 0.08mg (5.14%), Selenium: 3.06µg (4.38%), Magnesium: 14.65mg (3.66%), Calcium: 29.88mg (2.99%), Iron: 0.47mg (2.63%), Zinc: 0.37mg (2.48%), Vitamin E: 0.27mg (1.78%)