



Teriyaki Vegetable Stir-fry with Ramen Noodles

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



262 kcal

SIDE DISH

Ingredients

- 4 stalks bok choy
- 2 carrots thinly sliced
- 1 medium bell pepper green cut into thin bite-sized strips
- 1 cup water
- 3 japanese ramen noodles ()
- 1 cup bean sprouts fresh
- 14 oz potato nuggets rinsed drained canned

0.5 cup teriyaki sauce

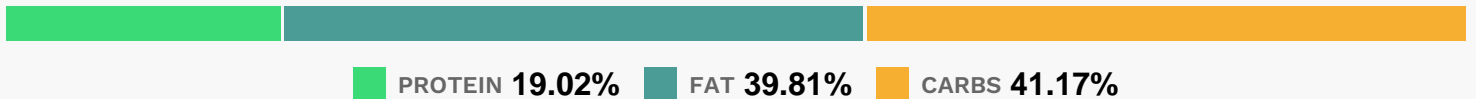
Equipment

frying pan

Directions

- Separate bok choy leaves from stems.
- Cut leaves into 2-inch pieces; cut stems into 1/4-inch slices. Set aside.
- Spray large nonstick skillet with nonstick cooking spray.
- Heat over medium-high heat until hot.
- Add carrots, bell pepper and bok choy stems; cook and stir 3 minutes.
- Add water; increase heat to high. Break noodles into small pieces; add to water. Discard seasoning packet from soup mix or reserve for another use. Cover; cook 3 minutes.
- Add bok choy leaves, bean sprouts and corn. Stir in teriyaki baste and glaze. Cook and stir 1 to 2 minutes or until vegetables are crisp-tender and mixture is thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:25.96, Glycemic Load:1.27, Inflammation Score:-10, Nutrition Score:16.017391247513%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 261.83kcal (13.09%), Fat: 12.73g (19.58%), Saturated Fat: 1.34g (8.37%), Carbohydrates: 29.61g (9.87%), Net Carbohydrates: 20.14g (7.33%), Sugar: 12.21g (13.56%), Cholesterol: 0mg (0%), Sodium: 1429.62mg (62.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.68g (27.35%), Vitamin A: 5836.48IU (116.73%), Iron: 11.11mg (61.7%), Vitamin C: 35.45mg (42.97%), Fiber: 9.46g (37.85%), Potassium: 826.95mg (23.63%), Vitamin K: 21.22µg (20.21%), Vitamin B6: 0.2mg (9.77%), Folate: 37.6µg (9.4%), Magnesium: 37.48mg (9.37%), Phosphorus: 92.18mg

(9.22%), Manganese: 0.15mg (7.74%), Copper: 0.13mg (6.29%), Vitamin B3: 1.2mg (5.98%), Vitamin B2: 0.1mg (5.6%), Vitamin B1: 0.08mg (5.54%), Calcium: 47.07mg (4.71%), Vitamin B5: 0.3mg (2.98%), Vitamin E: 0.36mg (2.41%), Zinc: 0.29mg (1.96%), Selenium: 0.73µg (1.04%)