

Thai-Style Veggie Kabobs With Spicy Peanut Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

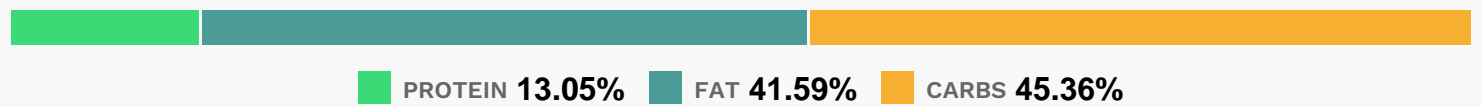
Ingredients

- 16 baby carrots
- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 24 cherry tomatoes
- 4 spring onion sliced
- 1 tablespoon soy sauce light
- 2 tablespoons juice of lime

- 0.5 teaspoon lime zest
- 0.3 cup peanut butter
- 0.5 teaspoon pepper red dry crushed to taste ()
- 16 snow peas
- 2 tablespoons water
- 1 bell pepper yellow cut into 1-inch chunks

Equipment

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:0.62, Inflammation Score:-10, Nutrition Score:18.463043478261%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 170.33kcal (8.52%), Fat: 8.54g (13.14%), Saturated Fat: 1.68g (10.47%), Carbohydrates: 20.96g (6.99%), Net Carbohydrates: 17.47g (6.35%), Sugar: 12.62g (14.02%), Cholesterol: 0mg (0%), Sodium: 371.95mg (16.17%), Protein: 6.03g (12.06%), Vitamin A: 6315.4IU (126.31%), Vitamin C: 85.87mg (104.08%), Vitamin K: 32.82µg (31.25%), Manganese: 0.5mg (24.98%), Vitamin B3: 3.49mg (17.43%), Potassium: 543.72mg (15.53%), Vitamin E: 2.23mg (14.89%), Folate: 56.73µg (14.18%), Fiber: 3.49g (13.97%), Vitamin B6: 0.28mg (13.88%), Magnesium: 50.76mg (12.69%), Copper: 0.24mg (12.2%), Phosphorus: 116.06mg (11.61%), Iron: 1.93mg (10.71%), Vitamin B1: 0.1mg (6.48%), Vitamin B5: 0.59mg (5.89%), Vitamin B2: 0.1mg (5.78%), Calcium: 53.62mg (5.36%), Zinc: 0.77mg (5.12%), Selenium: 1.89µg (2.7%)