



Vegetable Cashew Saute

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



425 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 3 cups broccoli chopped
- ☐ 1 cup carrots chopped
- ☐ 0.8 cup cashew nuts unsalted chopped
- ☐ 0.3 cup sesame oil dark
- ☐ 1 cup edamame green shelled soybeans
- ☐ 2 cups mushroom caps fresh chopped
- ☐ 1 cup bell pepper red chopped

- ☐ 16 ounce rotini pasta whole wheat
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons sugar white

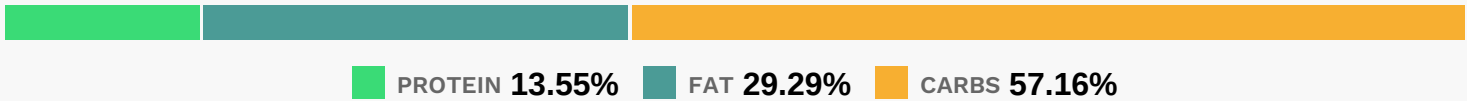
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook the rotini 10 to 12 minutes, until al dente, and drain.
- ☐ In a small bowl, mix the 2 tablespoons sesame oil, soy sauce, vinegar, and sugar.
- ☐ Heat the 1/4 cup sesame oil in a skillet over medium heat. Stir in the broccoli, carrots, red bell pepper, mushrooms, shelled edamame, and cashews.
- ☐ Mix in the sesame oil sauce. Cover skillet, and cook 5 minutes, or until vegetables are tender but crisp.
- ☐ Serve over the cooked pasta.

Nutrition Facts



Properties

Glycemic Index:43.14, Glycemic Load:22.61, Inflammation Score:-10, Nutrition Score:23.913478529972%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 424.7kcal (21.23%), Fat: 14.1g (21.69%), Saturated Fat: 2.12g (13.25%), Carbohydrates: 61.92g (20.64%), Net Carbohydrates: 55.79g (20.29%), Sugar: 10.48g (11.65%), Cholesterol: 0mg (0%), Sodium: 439.46mg (19.11%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.68g (29.36%), Vitamin A: 3461.7IU (69.23%), Vitamin C: 54.28mg (65.79%), Selenium: 42.4µg (60.57%), Manganese: 1.01mg (50.49%), Vitamin K: 41.79µg (39.8%), Phosphorus: 285.32mg (28.53%), Copper: 0.55mg (27.41%), Fiber: 6.13g (24.52%), Magnesium: 91.61mg (22.9%), Vitamin B6: 0.44mg (22.25%), Vitamin B3: 4.12mg (20.6%), Potassium: 680.65mg (19.45%), Iron: 2.88mg (15.98%), Zinc: 2.34mg (15.59%), Vitamin B5: 1.52mg (15.15%), Vitamin B2: 0.24mg (14.06%), Folate: 54.28µg (13.57%), Vitamin B1: 0.16mg (10.6%), Vitamin E: 0.92mg (6.16%), Calcium: 58.49mg (5.85%), Vitamin D: 0.23µg (1.51%)