



Vegetable Stir-Fry



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



182 kcal

SIDE DISH

Ingredients

- ☐ 1 baby eggplant cut into chunks
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups bok choy sliced
- ☐ 1 cup broccoli florets
- ☐ 2 tablespoons canola oil
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cup mung bean sprouts fresh

- ☐ 1 bell pepper red cored julienned seeded
- ☐ 0.5 cup onion red thinly sliced
- ☐ 2 tablespoons sesame oil
- ☐ 0.5 cup snow peas
- ☐ 1 cup half-moon squash yellow sliced
- ☐ 0.5 cup teriyaki sauce per serving
- ☐ 8 ounces spicy tofu firm cut into large chunks
- ☐ 1 bell pepper yellow cored julienned seeded

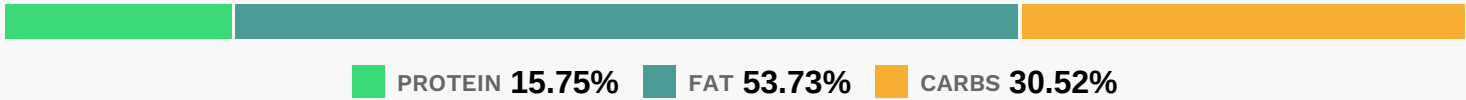
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Start by preparing and cutting all the vegetables and measuring your ingredients so that they are ready to go. Once you begin stir-frying, it goes very quickly.
- ☐ In a wok or large skillet, heat canola oil over high heat until almost smoking.
- ☐ Add the peppers and onion while stirring constantly. While continuing to stir, add successively the squash, broccoli, eggplant, tofu, garlic, and teriyaki sauce. Cook, stirring, constantly for 2 minutes.
- ☐ Add the bok choy, sprouts, pepper, and salt and cook, stirring, until crisp-tender, about 2 minutes more.
- ☐ Stir in snow peas and sesame oil and remove from heat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.33, Glycemic Load:1.32, Inflammation Score:-9, Nutrition Score:15.049130517503%

Flavonoids

Delphinidin: 32.28mg, Delphinidin: 32.28mg, Delphinidin: 32.28mg, Delphinidin: 32.28mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 181.67kcal (9.08%), Fat: 11.37g (17.5%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 14.53g (4.84%), Net Carbohydrates: 10.87g (3.95%), Sugar: 8.22g (9.13%), Cholesterol: 0mg (0%), Sodium: 1042.1mg (45.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.5g (15%), Vitamin C: 98.17mg (118.99%), Vitamin K: 40.86µg (38.92%), Vitamin A: 1937.18IU (38.74%), Folate: 71.47µg (17.87%), Manganese: 0.32mg (16.18%), Vitamin B6: 0.31mg (15.52%), Fiber: 3.67g (14.68%), Potassium: 444.98mg (12.71%), Magnesium: 42.7mg (10.67%), Calcium: 104.83mg (10.48%), Iron: 1.86mg (10.34%), Vitamin E: 1.52mg (10.16%), Phosphorus: 100.17mg (10.02%), Vitamin B2: 0.15mg (8.57%), Copper: 0.14mg (7.19%), Vitamin B3: 1.42mg (7.12%), Vitamin B1: 0.1mg (6.76%), Vitamin B5: 0.53mg (5.34%), Zinc: 0.45mg (3.01%), Selenium: 1.29µg (1.85%)