

## Vegetable Surprise (Stir Fry)

 Vegetarian  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



149 kcal

SIDE DISH

### Ingredients

- 0.5 cup bamboo skewers shredded
- 0.5 cup bean sprouts
- 0.5 cup carrots shredded
- 0.3 cup celery shredded
- 0.8 teaspoon cornstarch (with a little liquid to make a paste)
- 1 teaspoon cornstarch
- 2 small eggs beaten
- 2 garlic clove chopped

- 1.5 tablespoons catsup
- 0.5 cup mushrooms shredded
- 0.5 cup mushrooms shredded
- 1 teaspoon cooking oil
- 1.5 tablespoons cooking oil
- 1 dash pepper
- 0.5 teaspoon salt
- 1 teaspoon salt
- 2 spring onion shredded
- 1.5 teaspoons sesame oil
- 1 teaspoon soya sauce
- 0.3 cup veggie broth
- 0.5 cup veggie broth
- 1 teaspoon sugar
- 2.5 teaspoons sugar
- 0.5 teaspoon all the tabasco sauce you handle
- 1.5 tablespoons vinegar
- 0.5 cup zucchini shredded

## Equipment

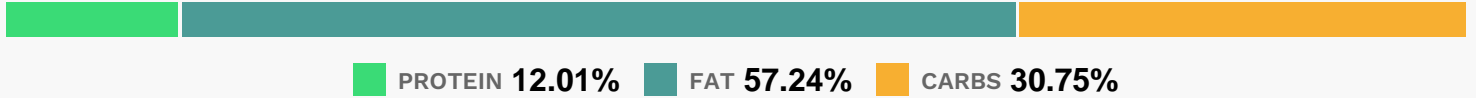
- frying pan
- wok

## Directions

- Combine sauce ingredients and bring to a boil. Cook till thickened. Keep warm.
- Heat skillet or wok with 1 1/2 T oil over high heat.
- Add garlic and stir for 10 seconds.
- Add carrot, bamboo shoots and mushrooms and stir for 1 minute.
- Add remaining vegetables and continue stirring for another minute.

- Add sugar, sesame oil, salt and stock. Cover and cook 1 minute.
- Add cornstarch and stir to thicken.Mound on a platter.
- Combine eggs, salt and pepper.
- Heat a large, non-stick skillet with 1 t oil, pour eggs in pan and make a thin omelet.To serve, lay omelet over vegetables on platter and cover with sauce.
- Cut into wedges like a pie.I served this over cooked rice.

## Nutrition Facts



### Properties

Glycemic Index:144.75, Glycemic Load:3.81, Inflammation Score:-9, Nutrition Score:10.323913066284%

### Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

### Nutrients (% of daily need)

Calories: 149.47kcal (7.47%), Fat: 9.88g (15.19%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 10.26g (3.73%), Sugar: 7.92g (8.8%), Cholesterol: 70.68mg (23.56%), Sodium: 1245.39mg (54.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.33%), Vitamin A: 3023.7IU (60.47%), Vitamin K: 26.3µg (25.05%), Vitamin B2: 0.25mg (14.76%), Selenium: 8.69µg (12.41%), Vitamin E: 1.71mg (11.38%), Vitamin C: 8.54mg (10.35%), Manganese: 0.18mg (9.24%), Phosphorus: 91.38mg (9.14%), Vitamin B6: 0.18mg (9.07%), Folate: 35.23µg (8.81%), Copper: 0.17mg (8.45%), Vitamin B5: 0.83mg (8.31%), Potassium: 288.09mg (8.23%), Vitamin B3: 1.44mg (7.18%), Fiber: 1.67g (6.7%), Iron: 0.94mg (5.22%), Zinc: 0.7mg (4.69%), Vitamin B1: 0.07mg (4.65%), Magnesium: 16.41mg (4.1%), Calcium: 34.13mg (3.41%), Vitamin B12: 0.18µg (2.98%), Vitamin D: 0.43µg (2.85%)