



Vegetarian Delight



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup baby carrots quartered
- ☐ 1 cup cabbage
- ☐ 0.5 cup cauliflower florets
- ☐ 1 bell pepper whole green seeded sliced
- ☐ 2 tbsp soya sauce low sodium
- ☐ 1 small onion sliced
- ☐ 2 tbsp sugar raw
- ☐ 1 bell pepper whole red seeded sliced

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2 garlic cloves whole minced

Equipment

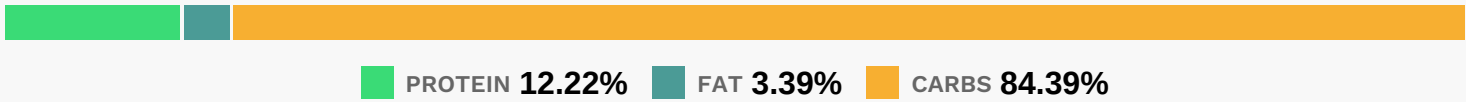
- ☐ pot
- ☐ wok
- ☐ measuring cup

Directions

- ☐ Saute onions over high heat in 1/4 cup water until translucent.
- ☐ Add all other ingredients to large pot or wok. Reduce heat to medium and stir-fry until vegetables are tender but still crisp, about 10–15 minutes. Meanwhile, mix soy sauce and sugar in a measuring cup until fully incorporated.
- ☐ Pour over the cooked veggies, stirring to coat. Simmer another 5 minutes then serve over brown rice.

- ☐ Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 50g
- ☐ Carbohydrate
- ☐ 50gDietary Fiber5.10gSugars21.90gProtein3.90g

Nutrition Facts



Properties

Glycemic Index:87.5, Glycemic Load:2.67, Inflammation Score:-10, Nutrition Score:18.913913006368%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 3.23mg, Luteolin: 3.23mg, Luteolin: 3.23mg, Luteolin: 3.23mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.84mg, Quercetin: 8.84mg, Quercetin: 8.84mg

8.84mg, Quercetin: 8.84mg

Nutrients (% of daily need)

Calories: 129.04kcal (6.45%), Fat: 0.52g (0.81%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 29.39g (9.8%), Net Carbohydrates: 24.06g (8.75%), Sugar: 20.54g (22.83%), Cholesterol: 0mg (0%), Sodium: 621.2mg (27.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.51%), Vitamin C: 153.22mg (185.72%), Vitamin A: 6531.16IU (130.62%), Vitamin K: 40.99µg (39.04%), Vitamin B6: 0.53mg (26.71%), Manganese: 0.45mg (22.55%), Fiber: 5.33g (21.34%), Folate: 85.04µg (21.26%), Potassium: 562.69mg (16.08%), Magnesium: 39.77mg (9.94%), Phosphorus: 97.85mg (9.79%), Vitamin B2: 0.16mg (9.35%), Vitamin B1: 0.14mg (9.2%), Vitamin E: 1.31mg (8.72%), Iron: 1.4mg (7.76%), Vitamin B3: 1.5mg (7.49%), Vitamin B5: 0.73mg (7.29%), Copper: 0.13mg (6.47%), Calcium: 59.58mg (5.96%), Zinc: 0.64mg (4.24%), Selenium: 1.28µg (1.83%)