

Vegetarian's Delight



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



59 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup julienne-cut carrot (3-inch)
- ☐ 0.5 cup whole-kernel corn frozen
- ☐ 1 teaspoon sesame oil dark
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 0.7 cup julienne-cut green onions (3-inch)
- ☐ 3 ounces oyster mushroom caps diced

- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1.5 teaspoons rice vinegar
- ☐ 0.1 teaspoon salt
- ☐ 8 ounce baked tofu thai-style julienned flavored
- ☐ 0.5 cup water chestnuts whole canned

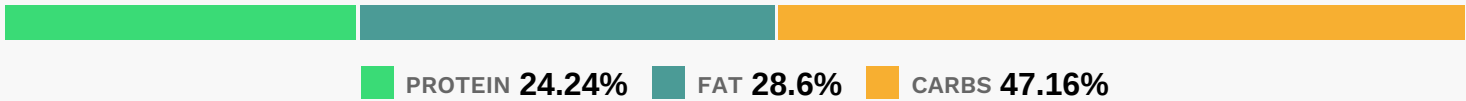
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat a large skillet or wok coated with cooking spray over medium-high heat.
- ☐ Add ginger and garlic cloves; stir-fry 30 seconds.
- ☐ Add mushrooms and tofu; stir-fry 2 minutes.
- ☐ Add carrot, corn, and water chestnuts; stir-fry 1 minute. Stir in soy sauce and vinegar; cook 2 minutes. Stir in green onions, sesame oil, pepper, and salt.

Nutrition Facts



Properties

Glycemic Index:27.6, Glycemic Load:0.53, Inflammation Score:-7, Nutrition Score:4.8004347656084%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 58.56kcal (2.93%), Fat: 1.98g (3.05%), Saturated Fat: 0.26g (1.6%), Carbohydrates: 7.34g (2.45%), Net Carbohydrates: 5.62g (2.04%), Sugar: 1.8g (2%), Cholesterol: 0mg (0%), Sodium: 141.17mg (6.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.55%), Vitamin A: 1429.69IU (28.59%), Vitamin K: 18.53µg (17.65%), Fiber: 1.72g (6.89%), Manganese: 0.1mg (5.1%), Iron: 0.9mg (4.99%), Calcium: 47.94mg (4.79%), Vitamin B3: 0.86mg

(4.32%), Folate: 16.92µg (4.23%), Potassium: 145.75mg (4.16%), Vitamin B2: 0.07mg (4.05%), Vitamin B6: 0.08mg (4.01%), Copper: 0.07mg (3.36%), Vitamin C: 2.74mg (3.33%), Phosphorus: 32.37mg (3.24%), Vitamin B5: 0.25mg (2.46%), Magnesium: 8.9mg (2.23%), Vitamin B1: 0.03mg (2.12%), Zinc: 0.28mg (1.85%), Vitamin E: 0.24mg (1.57%)