



Vietnamese veggie hotpot



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



88 kcal

SIDE DISH

Ingredients

- ☐ 2 tsp vegetable oil
- ☐ 1 piece thumb-size root ginger fresh shredded
- ☐ 2 garlic cloves chopped
- ☐ 0.5 large butternut squash peeled cut into chunks
- ☐ 2 tsp soya sauce
- ☐ 2 tsp brown sugar soft
- ☐ 200 ml vegetable stock
- ☐ 100 g green bean trimmed sliced

- ☐ 4 spring onion sliced
- ☐ 1 leaves jasmine rice cooked

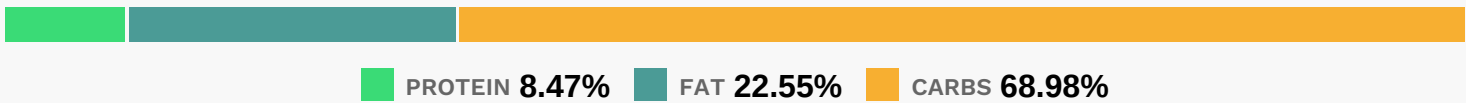
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the oil in a medium-size, lidded saucepan.
- ☐ Add the ginger and garlic, then stir-fry for about 5 mins.
- ☐ Add the squash, soy sauce, sugar and stock. Cover, then simmer for 10 mins.
- ☐ Remove the lid, add the green beans, then cook for 3 mins more until the squash and beans are tender. Stir the spring onions through at the last minute, then sprinkle with coriander and serve with rice.

Nutrition Facts



Properties

Glycemic Index:73, Glycemic Load:1.24, Inflammation Score:-10, Nutrition Score:13.245652188425%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 87.99kcal (4.4%), Fat: 2.45g (3.76%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 16.83g (5.61%), Net Carbohydrates: 13.88g (5.05%), Sugar: 5.23g (5.81%), Cholesterol: 0mg (0%), Sodium: 374.34mg (16.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.13%), Vitamin A: 10363.68IU (207.27%), Vitamin K: 40.79µg (38.84%), Vitamin C: 25.55mg (30.97%), Manganese: 0.31mg (15.44%), Potassium: 437.72mg (12.51%), Fiber: 2.95g (11.81%), Vitamin E: 1.71mg (11.39%), Magnesium: 43.03mg (10.76%), Vitamin B6: 0.22mg (10.76%), Folate: 42.04µg (10.51%), Vitamin B1: 0.13mg (8.41%), Vitamin B3: 1.52mg (7.58%), Calcium: 67.84mg (6.78%), Iron: 1.21mg (6.73%), Copper: 0.11mg (5.41%), Phosphorus: 51.84mg (5.18%), Vitamin B5: 0.47mg (4.67%), Vitamin B2: 0.06mg (3.6%), Zinc: 0.29mg (1.9%), Selenium: 0.98µg (1.4%)