



Zucchini and Soy Bean Stir Fry

 **Gluten Free**  **Dairy Free**

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons agave nectar
- ☐ 0.3 cup broccoli florets
- ☐ 1 large carrots chopped
- ☐ 0.3 cup cauliflower florets
- ☐ 0.5 cup edamame green shelled soybeans
- ☐ 1 tablespoon garlic finely chopped
- ☐ 5 large mushrooms sliced
- ☐ 2 tablespoons olive oil

- ☐ 1 onion chopped
- ☐ 1.5 tablespoons teriyaki sauce reduced-sodium
- ☐ 1 tablespoon water
- ☐ 1 zucchini sliced

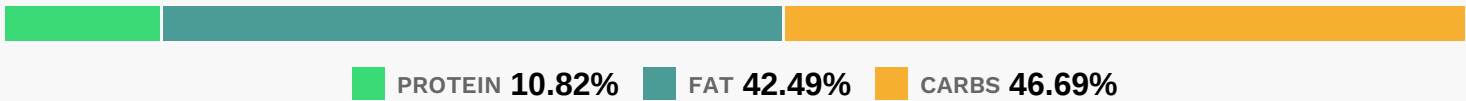
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Combine broccoli, cauliflower, edamame, carrots, and water in a microwave-safe bowl. Cover with plastic wrap and microwave for 1 minute until vegetables are tender. Set aside.
- ☐ Heat olive oil in a skillet over medium heat; add onion. Cook and stir until onion is softened and beginning to brown, about 10 minutes.
- ☐ Stir cooked broccoli, cauliflower, edamame, carrots, zucchini, mushrooms, and garlic into the pan; cook and stir until vegetables are cooked through, about 5 minutes.
- ☐ Stir in reduced-sodium teriyaki sauce and agave nectar; cook 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:57.46, Glycemic Load:3.07, Inflammation Score:-9, Nutrition Score:11.26391316756%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 163.61kcal (8.18%), Fat: 8.05g (12.39%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 19.91g (6.64%), Net Carbohydrates: 16.98g (6.17%), Sugar: 12.71g (14.13%), Cholesterol: 0mg (0%), Sodium: 283.49mg (12.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Vitamin A: 3153.05IU (63.06%), Vitamin C: 25.66mg (31.11%), Vitamin K: 20.23µg (19.27%), Potassium: 473.14mg (13.52%), Vitamin B2: 0.22mg (12.8%), Vitamin B6: 0.25mg (12.62%), Fiber: 2.93g (11.73%), Manganese: 0.22mg (11.21%), Folate: 38.57µg (9.64%), Vitamin E: 1.36mg (9.1%), Vitamin B3: 1.73mg (8.65%), Phosphorus: 79.85mg (7.99%), Copper: 0.16mg (7.87%), Vitamin B5: 0.74mg (7.38%), Iron: 1.22mg (6.8%), Vitamin B1: 0.1mg (6.55%), Magnesium: 23.92mg (5.98%), Selenium: 3.7µg (5.29%), Calcium: 47.21mg (4.72%), Zinc: 0.48mg (3.21%)