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Vegetable Stir Fry ^{♦♦}

A delicious and healthy vegan stir fry recipe packed with fresh vegetables and flavorful seasonings. This stir fry is a quick and easy dish that can be enjoyed as a main course or as a side dish. It is perfect for vegans and anyone looking for a nutritious and satisfying meal.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	broccoli
150 g	Carrots
150 g	Bell peppers
100 g	Snow Peas
100 g	Mushrooms

2 cloves	garlic
1 tsp	Ginger
2 tbsp	soy sauce
1 tsp	sesame oil
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Cutting

Prepare all the vegetables by washing and cutting them into bite-sized pieces.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Heating

In a large skillet or wok, heat the sesame oil over medium-high heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Sautéing

Add the garlic and ginger to the skillet and cook for 1 minute, until fragrant.

Prep Time: 1 mins

Cook Time: 1 mins

Step 4

Stir-frying

Add the vegetables to the skillet and cook for 5-7 minutes, until tender-crisp.

Prep Time: 2 mins

Cook Time: 7 mins

Step 5

Stirring

Add the soy sauce, salt, and black pepper to the skillet and stir to combine.

Prep Time: 1 mins

Cook Time: 1 mins

Step 6

Cooking

Cook for an additional 1-2 minutes, until the sauce is heated through.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Serving

Remove from heat and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 2 g

Protein: 5 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer

Fall

Events

Game Day

Cuisines

Italian

Chinese

Mexican

Thai

Mediterranean

Course

Side Dishes

Salads

Soups

Snacks

Cultural

Chinese New Year

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

Demographics

Senior Friendly

Diet

Vegetarian Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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