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Mushroom Stir-Fry ♦

A delicious vegetarian stir-fry recipe featuring sliced mushrooms and a variety of vegetables. This dish is quick and easy to prepare, making it perfect for a weeknight dinner.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	Mushrooms
200 g	Bell peppers
150 g	onion
2 cloves	garlic
2 tbsp	soy sauce

1 tsp	sesame oil
1 tbsp	cornstarch
2 tbsp	vegetable oil

Directions

Step 1

Mixing

In a small bowl, whisk together soy sauce, sesame oil, and cornstarch. Set aside.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

Heat vegetable oil in a large skillet or wok over medium-high heat. Add garlic and onion, and cook until fragrant and slightly softened, about 2 minutes.

Prep Time: 2 mins

Cook Time: 2 mins

Step 3

Stir-frying

Add mushrooms and bell peppers to the skillet. Cook, stirring occasionally, until vegetables are tender, about 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Stirring

Pour the soy sauce mixture over the vegetables in the skillet. Cook, stirring constantly, until the sauce thickens and coats the vegetables, about 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Serving

Serve the mushroom stir-fry hot with steamed rice or noodles.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 7 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	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Cuisines

Italian

Course

Salads

Snacks

Cooking Method

Boiling

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Curing

Blending

Grinding

Freezing

Canning

Drying

Pickling

Sous Vide

Pasteurizing

Fermenting

Meal Type

Lunch

Supper

Difficulty Level

Medium

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