

# All About Lower Sodium... Mixed Vegetables Stir Fry

Serves: 4 pax



INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> <li>• 1 ½ cup broccoli florets</li> <li>• 1 ½ cup cauliflower florets</li> <li>• 1 medium carrot, sliced into strips</li> <li>• ½ cup snow peas</li> <li>• 2 cloves garlic, minced</li> <li>• ½ cup reduced salt chicken stock</li> <li>• 2 tsp corn starch, dissolved in 2 Tbsp water</li> <li>• 1 Tbsp rice bran oil</li> </ul>	Energy (kcal)	57
	Carbohydrate (g)	3.8
	Protein (g)	2.4
	Fat (g)	3.7
	<ul style="list-style-type: none"> <li>• Saturated Fat (g)</li> </ul>	0.8
	<ul style="list-style-type: none"> <li>• Polyunsaturated Fat (g)</li> </ul>	1.2
	<ul style="list-style-type: none"> <li>• Monounsaturated Fat (g)</li> </ul>	1.4
	Cholesterol (mg)	0
	Dietary Fibre (g)	1.9
	Sodium (mg)	79
	Potassium (mg)	225
	Phosphate (mg)	41

## Methods

1. Heat rice bran oil in a frying pan, stir fry garlic until fragrant.
2. Add in all vegetables and stir fry until tender crisp.
3. Add in chicken stock and corn starch mixture.
4. Slimmer for a few minutes until liquid reduces and sauce thickens.

### NUTRITION & DIETETICS DEPARTMENT

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