

# 2177. Find Three Consecutive Integers That Sum to a Given Number

## Description

Given an integer `num`, return *three consecutive integers (as a sorted array) that sum to* `num`. If `num` cannot be expressed as the sum of three consecutive integers, return *an empty array*.

### Example 1:

```
Input: num = 33
Output: [10,11,12]
Explanation: 33 can be expressed as 10 + 11 + 12 = 33.
10, 11, 12 are 3 consecutive integers, so we return [10, 11, 12].
```

### Example 2:

```
Input: num = 4
Output: []
Explanation: There is no way to express 4 as the sum of 3 consecutive integers.
```

### Constraints:

- `0 <= num <= 1015`

