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