



10-minute stir-fry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 1 to 5 chillies red sliced
- ☐ 1 garlic clove sliced
- ☐ 500 g bok choy mixed
- ☐ 1.5 tbsp soya sauce
- ☐ 2 tbsp chilli sauce sweet

Equipment

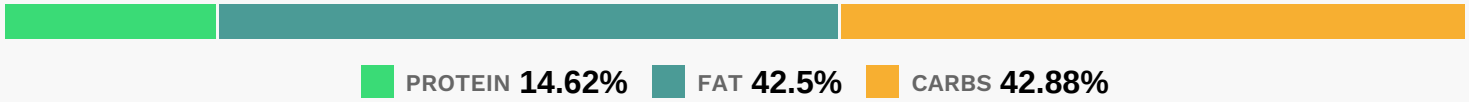
- ☐ frying pan

wok

Directions

- Heat the oil in a large frying pan or wok, then fry the chilli and garlic for 1 min.
- Add the veg and toss to coat in the oil. Fry for 2–3 mins, then add the soy and chilli sauce, mixing well. Cook for 2–3 mins more until the veg are tender.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:0.49, Inflammation Score:-10, Nutrition Score:16.429565154988%

Flavonoids

Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 5.41mg, Kaempferol: 5.41mg, Kaempferol: 5.41mg, Kaempferol: 5.41mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 73.48kcal (3.67%), Fat: 3.76g (5.79%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 8.54g (2.85%), Net Carbohydrates: 7g (2.55%), Sugar: 6.26g (6.95%), Cholesterol: 0mg (0%), Sodium: 544.45mg (23.67%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.91g (5.82%), Vitamin A: 5692.17IU (113.84%), Vitamin C: 72.65mg (88.06%), Vitamin K: 64.72µg (61.63%), Folate: 86.32µg (21.58%), Vitamin B6: 0.32mg (16.11%), Calcium: 135.53mg (13.55%), Manganese: 0.27mg (13.3%), Potassium: 368.54mg (10.53%), Magnesium: 29.23mg (7.31%), Iron: 1.29mg (7.17%), Vitamin B2: 0.11mg (6.37%), Fiber: 1.54g (6.16%), Phosphorus: 61.01mg (6.1%), Vitamin B3: 1.04mg (5.18%), Vitamin B1: 0.06mg (4.24%), Vitamin E: 0.47mg (3.13%), Copper: 0.05mg (2.61%), Zinc: 0.3mg (2.03%), Vitamin B5: 0.16mg (1.62%), Selenium: 0.84µg (1.2%)