




 **85%**  
HEALTH SCORE

# Baby Bok Choy Stir Fry


 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN




45 min.

SERVINGS



2

CALORIES



139 kcal

ANTIPASTI   STARTER   SNACK   APPETIZER

## Ingredients

- 1 pound bok choy cleaned chopped
- 2 large shallots sliced
- 2 cloves garlic
- 0.5 tablespoon coconut oil
- 1 pinch salt
- 1 pinch pepper
- 1 pinch pepper red
- 2 tablespoons almonds toasted

# Equipment

frying pan

# Directions

- Heat oil in a large nonstick skillet over medium high heat.
- Add shallots and cook 3 4 minutes to soften.
- Add bok choy, leaving leafy pieces aside. Cook another 3 4 minutes until crisp tender.
- Add remaining ingredients except almonds. Top with almonds.

# Nutrition Facts



**PROTEIN 16.33%**   **FAT 51.84%**   **CARBS 31.83%**

# Properties

Glycemic Index:62, Glycemic Load:1.4, Inflammation Score:-10, Nutrition Score:25.786956521739%

# Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 9.87mg, Kaempferol: 9.87mg, Kaempferol: 9.87mg, Kaempferol: 9.87mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

# Taste

Sweetness: 100%, Saltiness: 26.71%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 89.79%, Spiciness: 0%

# Nutrients (% of daily need)

Calories: 139.28kcal (6.96%), Fat: 8.96g (13.79%), Saturated Fat: 3.34g (20.86%), Carbohydrates: 12.38g (4.13%), Net Carbohydrates: 7.97g (2.9%), Sugar: 5.11g (5.68%), Cholesterol: 0mg (0%), Sodium: 171.24mg (7.45%), Protein: 6.35g (12.7%), Vitamin A: 10149.72IU (202.99%), Vitamin C: 104.99mg (127.27%), Vitamin K: 103.6µg (98.67%), Folate: 162.7µg (40.67%), Manganese: 0.72mg (35.98%), Vitamin B6: 0.58mg (28.92%), Calcium: 280.15mg

(28.01%), Potassium: 742mg (21.2%), Magnesium: 76.25mg (19.06%), Vitamin E: 2.8mg (18.67%), Fiber: 4.41g (17.64%), Vitamin B2: 0.28mg (16.57%), Phosphorus: 151.83mg (15.18%), Iron: 2.55mg (14.18%), Copper: 0.18mg (9.14%), Vitamin B1: 0.13mg (8.83%), Vitamin B3: 1.57mg (7.87%), Zinc: 0.88mg (5.87%), Vitamin B5: 0.34mg (3.38%), Selenium: 2.28µg (3.26%)