



Baby Bok Choy with Cashews



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



191 kcal

SIDE DISH

Ingredients

- ☐ 1 pound baby bok choy separated rinsed trimmed
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 3 cloves garlic chopped
- ☐ 1 cup green onions chopped
- ☐ 2 Tbsp olive oil
- ☐ 0.5 cup roasted salted chopped
- ☐ 4 servings salt

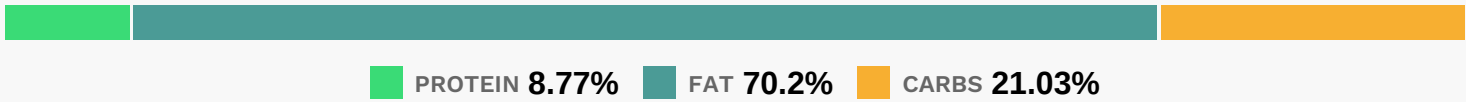
Equipment

☐ frying pan

Directions

- ☐ Heat olive oil in a large sauté pan on medium high heat.
- ☐ Add onions, then garlic, then bok choy.
- ☐ Sprinkle with sesame oil and salt. Cover, and let the baby bok choy cook down for approximately 3 minutes. (Like spinach, when cooked, the bok choy will wilt a bit.)²
- ☐ Remove cover. Lower heat to low. Stir and let cook for a minute or two longer, until the bok choy is just cooked.³ Gently mix in cashews.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:15.895652247512%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 190.69kcal (9.53%), Fat: 15.5g (23.84%), Saturated Fat: 2.62g (16.34%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 8.1g (2.95%), Sugar: 2.6g (2.89%), Cholesterol: 0mg (0%), Sodium: 381.62mg (16.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.71%), Vitamin A: 5295.67IU (105.91%), Vitamin C: 56.43mg (68.4%), Vitamin K: 62.01µg (59.06%), Copper: 0.41mg (20.39%), Calcium: 154.71mg (15.47%), Iron: 2.29mg (12.74%), Magnesium: 50.09mg (12.52%), Manganese: 0.22mg (10.98%), Phosphorus: 96.61mg (9.66%), Fiber: 2.35g (9.38%), Vitamin E: 1.31mg (8.75%), Zinc: 1.08mg (7.22%), Folate: 27.88µg (6.97%), Potassium: 174.89mg (5%), Vitamin B6: 0.09mg (4.35%), Selenium: 2.47µg (3.53%), Vitamin B1: 0.05mg (3.5%), Vitamin B2: 0.06mg (3.34%), Vitamin B5: 0.24mg (2.41%), Vitamin B3: 0.39mg (1.93%)