



Baby Bok Choy with Yellow Bell Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon rice bran oil
- ☐ 1 tablespoon sesame oil toasted
- ☐ 2 cups bell peppers yellow sliced
- ☐ 4 green onions dried chopped
- ☐ 1 lb baby bok choy rinsed

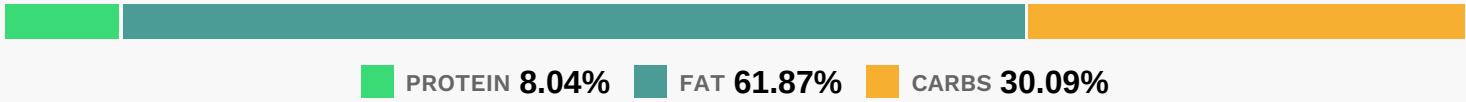
Equipment

- ☐ frying pan

Directions

- ☐ Heat a tablespoon each of peanut oil and sesame oil in a large sauté pan on high heat.
- ☐ Add the sliced yellow peppers and chopped green onion, and cook, stirring occasionally, until lightly browned. (Keep a watch so that the onions don't burn.)
- ☐ Add the bok choy: Lower the heat and add the bok choy. Stir to coat with the oil in the pan. Cook only until the bok choy has wilted. The thicker, whiter ends of the baby bok choy should still be somewhat crunchy.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.18, Inflammation Score:-10, Nutrition Score:13.35000004587%

Flavonoids

Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 100.58kcal (5.03%), Fat: 7.18g (11.05%), Saturated Fat: 1.21g (7.58%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 5.74g (2.09%), Sugar: 1.41g (1.57%), Cholesterol: 0mg (0%), Sodium: 77.12mg (3.35%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Vitamin C: 189.99mg (230.29%), Vitamin A: 5314.86IU (106.3%), Vitamin K: 26.18µg (24.93%), Calcium: 141.57mg (14.16%), Fiber: 2.12g (8.47%), Vitamin E: 1.25mg (8.3%), Iron: 1.34mg (7.44%), Folate: 27.05µg (6.76%), Vitamin B6: 0.13mg (6.62%), Potassium: 191.06mg (5.46%), Manganese: 0.11mg (5.32%), Copper: 0.09mg (4.48%), Vitamin B3: 0.73mg (3.63%), Magnesium: 11.34mg (2.84%), Phosphorus: 22.32mg (2.23%), Vitamin B1: 0.03mg (1.83%), Vitamin B2: 0.03mg (1.66%), Vitamin B5: 0.13mg (1.34%), Zinc: 0.17mg (1.16%)