



Bok choy with oyster sauce & chilli



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



77 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp vegetable oil
- ☐ 2 garlic clove minced
- ☐ 6 heads yu choy split
- ☐ 3 tbsp oyster sauce
- ☐ 1 tbsp soy sauce light
- ☐ 1 to 5 chillies red deseeded finely sliced

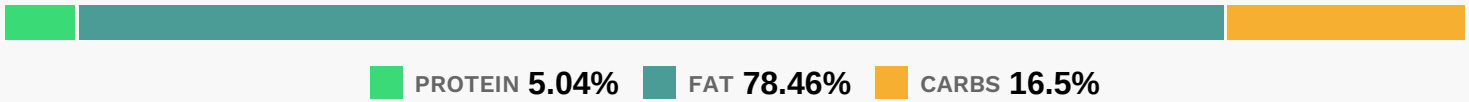
Equipment

- ☐ wok

Directions

- ☐
- Heat the oil in a wok, add the garlic and fry for 2 mins. Tip in the bok choy and stir well over the heat for 4 mins until it wilts.
- ☐
- Pour in the oyster sauce, soy and 50ml water. Simmer for a further 3 mins, then scatter over the chilli to serve.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:0.54, Inflammation Score:-2, Nutrition Score:3.1152173980423%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 76.78kcal (3.84%), Fat: 6.9g (10.61%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 2.99g (1.09%), Sugar: 0.69g (0.76%), Cholesterol: 0mg (0%), Sodium: 621.54mg (27.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (1.99%), Vitamin C: 18.55mg (22.49%), Vitamin K: 14.11µg (13.43%), Vitamin B6: 0.09mg (4.33%), Vitamin E: 0.64mg (4.23%), Manganese: 0.08mg (3.79%), Vitamin B3: 0.53mg (2.63%), Copper: 0.04mg (2.25%), Vitamin A: 107.39IU (2.15%), Vitamin B2: 0.03mg (2.05%), Potassium: 59.07mg (1.69%), Iron: 0.3mg (1.66%), Phosphorus: 15.95mg (1.6%), Folate: 5.47µg (1.37%), Magnesium: 5.3mg (1.33%), Calcium: 13.04mg (1.3%), Selenium: 0.9µg (1.28%), Fiber: 0.28g (1.11%), Vitamin B1: 0.02mg (1.01%)