



Bok Choy, Carrots and Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



27 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bok choy chopped
- ☐ 2 carrots sliced
- ☐ 1 cup green beans fresh cut into 1 inch pieces
- ☐ 1 tablespoon soya sauce light
- ☐ 1 teaspoon vegetable oil; peanut oil preferred
- ☐ 3 tablespoons shallots minced
- ☐ 0.3 cup vegetable broth low fat low sodium,

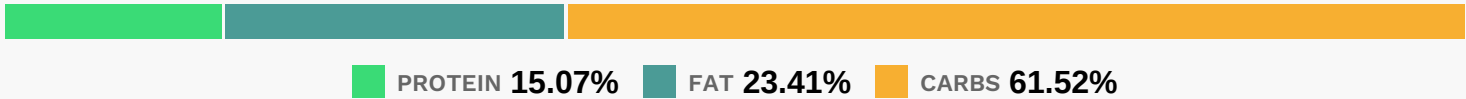
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat the oil in a wok or skillet over high heat.
- ☐ Add the shallots and saute for 3 minutes.
- ☐ Add the carrots and stir fry for 3 minutes.
- ☐ Add the green beans and stir fry for 2 minutes.
- ☐ Add the bok choy and stir fry for 2 minutes.
- ☐ Add the broth and simmer for 2 minutes.
- ☐ Add the soy sauce and serve.

Nutrition Facts



Properties

Glycemic Index:30.47, Glycemic Load:1.31, Inflammation Score:-10, Nutrition Score:6.8904346434966%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 27.48kcal (1.37%), Fat: 0.79g (1.21%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 3.29g (1.2%), Sugar: 2.25g (2.51%), Cholesterol: 0mg (0%), Sodium: 243.12mg (10.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Vitamin A: 4072.66IU (81.45%), Vitamin K: 15.92µg (15.16%), Vitamin C: 9.09mg (11.01%), Manganese: 0.12mg (5.84%), Fiber: 1.37g (5.46%), Vitamin B6: 0.1mg (4.99%), Folate: 19.85µg (4.96%), Potassium: 156.21mg (4.46%), Magnesium: 11.49mg (2.87%), Calcium: 28.19mg (2.82%), Iron: 0.47mg (2.64%), Vitamin B2: 0.04mg (2.62%), Vitamin B3: 0.52mg (2.61%), Vitamin B1: 0.04mg (2.53%), Phosphorus: 25.3mg (2.53%), Vitamin E: 0.33mg (2.18%), Copper: 0.03mg (1.64%), Vitamin B5: 0.13mg (1.33%)