



Broccoli Spears with Garlic Sauce

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



6

CALORIES



76 kcal

SIDE DISH

Ingredients

- 3 tablespoons oyster sauce
- 1 tablespoon canola oil
- 1.5 lb broccoli (1 head)
- 0.5 cup chicken stock low-sodium
- 1 teaspoon sesame oil
- 4 garlic clove smashed

Equipment

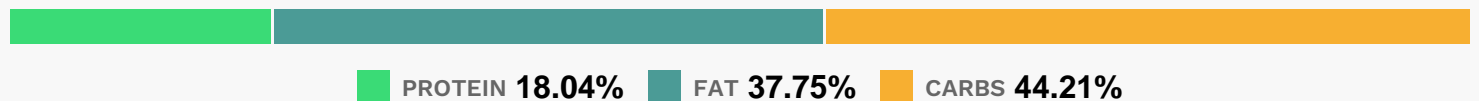
- frying pan

wok

Directions

- Peel off tough outer skin of broccoli stem, then halve broccoli crosswise (top half with florets should equal length of bottom half).
- Cut bottom half (stem) lengthwise into 1/2-inch-wide wedges, then cut top half (stem with florets) into long spears with 1/2-inch-wide wedges.
- Heat a wok over high heat until beginning to smoke, then add canola oil and swirl to coat sides. Stir-fry garlic until golden, about 30 seconds, then add broccoli and stir-fry 5 minutes. Stir in oyster sauce and stock and cook, covered, until broccoli is crisp-tender, about 3 minutes.
- Remove from heat and toss with sesame oil.
- Broccoli can be stir-fried in a large heavy skillet over moderately high heat.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:1.65, Inflammation Score:-7, Nutrition Score:15.474347713201%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.9mg, Kaempferol: 8.9mg, Kaempferol: 8.9mg, Kaempferol: 8.9mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 75.79kcal (3.79%), Fat: 3.57g (5.49%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 6.39g (2.32%), Sugar: 1.97g (2.19%), Cholesterol: 0mg (0%), Sodium: 289.36mg (12.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.68%), Vitamin C: 101.78mg (123.37%), Vitamin K: 117.45µg (111.86%), Folate: 72.85µg (18.21%), Vitamin A: 706.65IU (14.13%), Manganese: 0.28mg (13.82%), Fiber: 3.02g (12.07%), Vitamin B6: 0.23mg (11.33%), Potassium: 388.13mg (11.09%), Vitamin B2: 0.15mg (8.94%), Vitamin E: 1.3mg (8.69%), Phosphorus: 85.78mg (8.58%), Vitamin B5: 0.66mg (6.63%), Magnesium: 24.87mg (6.22%), Calcium: 60.58mg (6.06%), Vitamin B3: 1.14mg (5.7%), Vitamin B1: 0.09mg (5.69%), Iron: 0.92mg (5.11%), Selenium: 3.52µg (5.02%), Copper: 0.08mg (4.24%), Zinc: 0.52mg (3.44%)