



Broccoli Stir Fry with Ginger and Sesame



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon sesame seed
- ☐ 0.5 cup vegetable stock for vegan option (use vegetable stock)
- ☐ 1 tablespoon soya sauce gluten-free for option (use soy sauce)
- ☐ 1 tablespoon sesame oil dark
- ☐ 4 servings canola oil
- ☐ 1 pound broccoli florets dry rinsed cut into bite-sized pieces
- ☐ 1 Tbsp garlic minced
- ☐ 1 Tbsp ginger fresh minced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Toast the sesame seeds: Toast the sesame seeds by first heating a small, stick-free sauté pan on medium high heat.
- ☐ Add the sesame seeds and jiggle the pan so they spread out in a single layer.
- ☐ Let them cook until lightly browned, stirring occasionally, about 2–3 minutes. Do not walk away from them while cooking, as once they start to brown they can easily burn. Once lightly toasted remove from heat and put into a small bowl.
- ☐ Mix stock, soy sauce, sesame oil:
- ☐ Mix the stock, soy sauce, and dark sesame oil together in a small bowl, set aside.
- ☐ Heat 1 tablespoon of peanut oil or canola oil in a large, cover-able sauté pan on medium high heat.
- ☐ Add the broccoli florets, stir to coat the florets with the oil, Sauté for about a minute.
- ☐ Clear a space in the middle of the broccoli and add the ginger and garlic.
- ☐ Add a little more oil to the ginger and garlic (about a teaspoon) and sauté for half a minute, stirring just the garlic and ginger, until fragrant. Then stir the garlic and ginger in with the broccoli.
- ☐ Add the stock soy mixture and simmer:
- ☐ Add the stock soy sesame oil mixture to the pan. Bring to a simmer, reduce the heat and cover.
- ☐ Let cook for 2–3 minutes, until broccoli is still firm, but can be pierced with a fork.
- ☐ Remove from heat.
- ☐ Remove broccoli with a slotted spoon to a bowl. Return pan to heat, increase heat to high and boil down the liquid until just a couple tablespoons remain.
- ☐ Turn off heat, return broccoli to the pan, add the toasted sesame seeds, toss with the liquid. Put into a serving bowl.

Nutrition Facts



PROTEIN 7.28% FAT 75.99% CARBS 16.73%

Properties

Glycemic Index:35.5, Glycemic Load:1.79, Inflammation Score:-8, Nutrition Score:17.747826057932%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 212.34kcal (10.62%), Fat: 19.03g (29.27%), Saturated Fat: 3.17g (19.78%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 5.92g (2.15%), Sugar: 2.31g (2.56%), Cholesterol: 0mg (0%), Sodium: 408.82mg (17.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.2%), Vitamin C: 101.24mg (122.72%), Vitamin K: 117.31µg (111.72%), Manganese: 0.76mg (38.24%), Vitamin E: 3.21mg (21.38%), Folate: 74.57µg (18.64%), Vitamin A: 770.42IU (15.41%), Fiber: 3.51g (14.04%), Vitamin B6: 0.23mg (11.45%), Potassium: 392.15mg (11.2%), Phosphorus: 94.65mg (9.46%), Magnesium: 35.33mg (8.83%), Vitamin B2: 0.15mg (8.63%), Calcium: 78.72mg (7.87%), Copper: 0.15mg (7.5%), Iron: 1.33mg (7.39%), Vitamin B5: 0.68mg (6.75%), Vitamin B1: 0.1mg (6.71%), Selenium: 3.63µg (5.18%), Vitamin B3: 1.02mg (5.09%), Zinc: 0.66mg (4.43%)