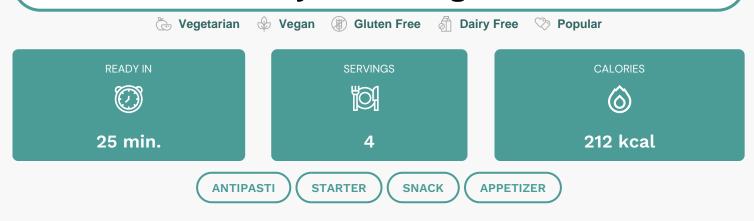


Broccoli Stir Fry with Ginger and Sesame



Ingredients

I tablespoon sesame seed
O.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 Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 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: Omg (0%), Sodium: 408.82mg (17.77%), Alcohol: Og (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%)