

Chinese Broccoli



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



31 kcal

SIDE DISH

Ingredients



1 pounds regular broccoli chinese (gai lan) (see notes)



2 teaspoons asian sesame oil toasted ()



2 tablespoons soya sauce

Equipment



bowl

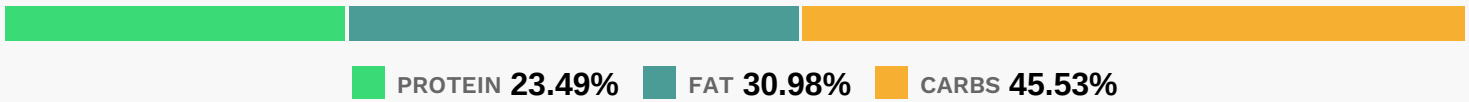


frying pan

Directions

- ☐ Rinse broccoli. Pull off and discard any yellow or damaged leaves; trim off and discard stem ends. If stalks have a tough, fibrous skin, peel it off. If stalks are thicker than 1/2 inch, cut lengthwise to that size.
- ☐ Cut stalks, including leaves and florets, into 2- to 3-inch lengths.
- ☐ In a 5- to 6-quart covered pan over high heat, bring about 2 quarts water to a boil.
- ☐ Add broccoli and cook, uncovered, just until barely tender to bite, 3 to 5 minutes.
- ☐ Drain.
- ☐ Pour onto a platter.
- ☐ In a small pitcher or bowl, mix soy sauce and sesame oil.
- ☐ Drizzle over broccoli.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.77, Inflammation Score:-5, Nutrition Score:8.3386955727702%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 30.82kcal (1.54%), Fat: 1.21g (1.87%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 4.02g (1.34%), Net Carbohydrates: 2.51g (0.91%), Sugar: 1.04g (1.16%), Cholesterol: 0mg (0%), Sodium: 270.08mg (11.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin C: 50.58mg (61.3%), Vitamin K: 57.97µg (55.21%), Folate: 36.53µg (9.13%), Manganese: 0.14mg (7.08%), Vitamin A: 353.23IU (7.06%), Fiber: 1.51g (6.04%), Vitamin B6: 0.11mg (5.41%), Potassium: 188.71mg (5.39%), Phosphorus: 43.27mg (4.33%), Vitamin B2: 0.07mg (4.3%), Magnesium: 13.71mg (3.43%), Vitamin B5: 0.34mg (3.42%), Vitamin E: 0.46mg (3.04%), Iron: 0.52mg (2.89%), Vitamin B1: 0.04mg (2.86%), Calcium: 27.55mg (2.75%), Vitamin B3: 0.54mg (2.7%), Selenium: 1.45µg (2.08%), Copper: 0.03mg (1.69%), Zinc: 0.25mg (1.68%)