



Chinese Broccoli with Oyster Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



114 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds regular broccoli chinese
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 0.5 teaspoon granulated sugar
- ☐ 2 tablespoons oyster sauce
- ☐ 1 teaspoon salt divided
- ☐ 2 teaspoons sesame oil toasted

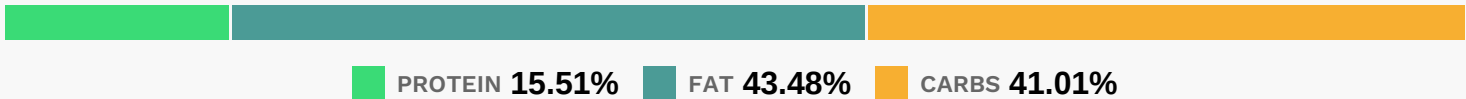
Equipment

- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ If using Chinese broccoli, trim 1/2 inch from bottoms of stalks; discard. (Stalks more than 1/2 inch in diameter should be halved lengthwise.) Slice stalks into 2 1/2 x 1/4-inch sticks. (With regular broccoli, just use the florets.)
- ☐ Combine 6 cups water and 1/2 teaspoon salt in a large pot over high heat; bring to a boil.
- ☐ Add the broccoli stalks (or florets); blanch 2 minutes.
- ☐ Remove and drain in a colander.
- ☐ Add the leaves to the pot; blanch 1 minute.
- ☐ Drain broccoli in a colander.
- ☐ Heat the canola oil in a large nonstick skillet over medium-high heat.
- ☐ Add the ginger; stir-fry 15 seconds.
- ☐ Add broccoli, remaining 1/2 teaspoon salt, oyster sauce, and sugar; stir-fry 1 1/2 minutes, or until broccoli is crisp-tender.
- ☐ Remove from heat; drizzle with sesame oil.

Nutrition Facts



Properties

Glycemic Index:29.27, Glycemic Load:2.59, Inflammation Score:-9, Nutrition Score:18.188695674357%

Flavonoids

Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 114.37kcal (5.72%), Fat: 6.17g (9.49%), Saturated Fat: 0.74g (4.64%), Carbohydrates: 13.08g (4.36%), Net Carbohydrates: 8.6g (3.13%), Sugar: 3.42g (3.8%), Cholesterol: 0mg (0%), Sodium: 883.43mg (38.41%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 4.95g (9.9%), Vitamin C: 151.82mg (184.03%), Vitamin K: 176.27µg (167.87%), Folate: 108.7µg (27.18%), Vitamin A: 1059.71IU (21.19%), Manganese: 0.37mg (18.38%), Fiber: 4.48g (17.94%), Potassium: 549.76mg (15.71%), Vitamin B6: 0.3mg (15.1%), Vitamin E: 1.97mg (13.15%), Vitamin B2: 0.21mg (12.4%), Phosphorus: 114.84mg (11.48%), Vitamin B5: 0.98mg (9.8%), Magnesium: 36.85mg (9.21%), Calcium: 83.47mg (8.35%), Vitamin B1: 0.12mg (8.14%), Iron: 1.27mg (7.08%), Selenium: 4.67µg (6.66%), Vitamin B3: 1.23mg (6.16%), Copper: 0.1mg (5.05%), Zinc: 0.71mg (4.75%)