



Ginger Broccoli Stir-Fry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



52 kcal

SIDE DISH

Ingredients

- 4 cups broccoli florets
- 2 tablespoons water
- 2 teaspoons canola oil
- 2 garlic clove minced
- 1 teaspoon soy sauce reduced-sodium
- 0.5 teaspoon ginger fresh minced

Equipment

- frying pan

wok

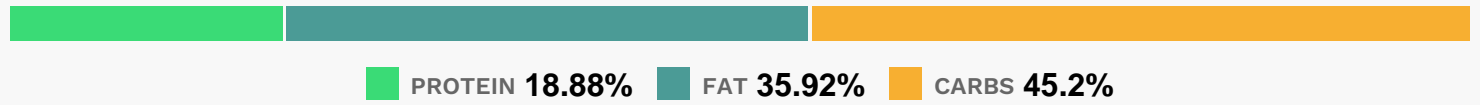
microwave

Directions

Place the broccoli and water in a 1-1/2-qt. microwave-safe dish. Cover and microwave on high for 2 minutes; drain. In a nonstick skillet or wok, stir-fry broccoli in oil for 6-7 minutes.

Add the garlic, soy sauce and ginger; stir-fry 1-2 minutes longer or until broccoli is crisp-tender.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:1.32, Inflammation Score:-7, Nutrition Score:13.40869565632%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 51.77kcal (2.59%), Fat: 2.35g (3.62%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 4.24g (1.54%), Sugar: 1.57g (1.75%), Cholesterol: 0mg (0%), Sodium: 75.69mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Vitamin C: 81.65mg (98.97%), Vitamin K: 94.27µg (89.78%), Folate: 57.95µg (14.49%), Vitamin A: 567.07IU (11.34%), Manganese: 0.22mg (11.1%), Fiber: 2.41g (9.65%), Vitamin B6: 0.18mg (9.01%), Potassium: 299.01mg (8.54%), Vitamin E: 1.07mg (7.11%), Vitamin B2: 0.11mg (6.54%), Phosphorus: 64.51mg (6.45%), Vitamin B5: 0.53mg (5.35%), Magnesium: 20.53mg (5.13%), Calcium: 46.13mg (4.61%), Vitamin B1: 0.07mg (4.54%), Iron: 0.71mg (3.93%), Selenium: 2.5µg (3.57%), Vitamin B3: 0.61mg (3.04%), Zinc: 0.4mg (2.68%), Copper: 0.05mg (2.57%)