



Good Fortune Stir-Fried Lettuce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



43 kcal

SIDE DISH

Ingredients

- ☐ 12 ounces bibb lettuce leaves (4 heads)
- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon cooking sherry dry
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 2 teaspoons soya sauce low-sodium
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shallots sliced
- ☐ 0.3 teaspoon sugar

☐ 0.5 tablespoon vegetable oil

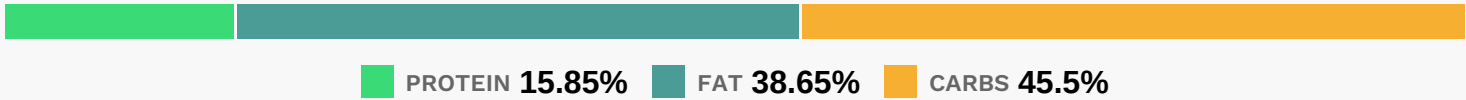
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Combine sherry and soy sauce in a small bowl. Set aside.
- ☐ Heat oil in a large wok or heavy skillet over high heat until hot but not smoking; add shallot and ginger, and stir-fry 1 minute or until shallot begins to soften.
- ☐ Add lettuce, and stir-fry 1–2 minutes or until it just begins to wilt.
- ☐ Swirl in sherry mixture, salt, sugar, and pepper, and continue to stir-fry 30 seconds or until lettuce is just tender and still bright green.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.52, Glycemic Load:0.82, Inflammation Score:-9, Nutrition Score:10.119999823363%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 43.15kcal (2.16%), Fat: 1.92g (2.95%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 5.08g (1.69%), Net Carbohydrates: 3.62g (1.32%), Sugar: 2.28g (2.53%), Cholesterol: 0mg (0%), Sodium: 241.7mg (10.51%), Alcohol: 0.39g (100%), Alcohol %: 0.45% (100%), Protein: 1.77g (3.54%), Vitamin K: 90.37µg (86.06%), Vitamin A: 2817.74IU (56.35%), Folate: 68.37µg (17.09%), Manganese: 0.22mg (11.05%), Potassium: 268.28mg (7.67%), Iron: 1.29mg

(7.16%), Vitamin B6: 0.13mg (6.42%), Fiber: 1.46g (5.85%), Vitamin C: 4.38mg (5.31%), Phosphorus: 42.2mg (4.22%), Magnesium: 16.8mg (4.2%), Vitamin B1: 0.06mg (3.92%), Vitamin B2: 0.06mg (3.69%), Calcium: 36.85mg (3.69%), Vitamin E: 0.31mg (2.08%), Vitamin B3: 0.37mg (1.87%), Vitamin B5: 0.18mg (1.83%), Zinc: 0.26mg (1.72%), Copper: 0.03mg (1.56%), Selenium: 0.72µg (1.02%)