



## Healthy Spicy Steamed Baby Bok Choy

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



29 kcal

SIDE DISH

### Ingredients

- 1 pound baby bok choy split
- 2 tablespoons chives finely chopped
- 2 teaspoons juice of lime
- 1 teaspoon lime zest
- 4 teaspoons soya sauce reduced-sodium
- 1 teaspoon spicy sesame oil
- 0.3 teaspoon sugar

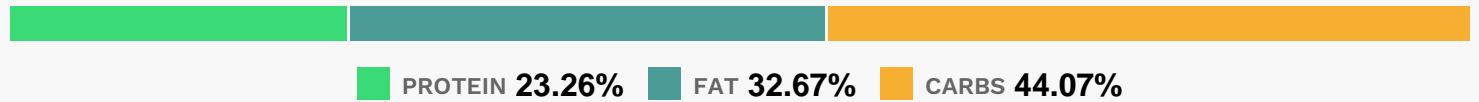
### Equipment

- bowl
- knife
- whisk
- steamer basket

## Directions

- Place the bok choy in a steamer basket and place the basket over (not in) simmering water. Steam until the base of the bok choy is just tender when pierced with the tip of a knife, about 6 minutes. Meanwhile, whisk together the chives, soy sauce, lime juice, lime zest and sugar in a small bowl.
- Transfer the bok choy to a platter and drizzle with the soy mixture.
- Drizzle with the spicy sesame oil and serve.
- Per serving: Calories: 30; Total Fat: 1.5 grams; Saturated Fat: 0 grams; Protein: 2 grams; Total carbohydrates: 4 grams; Sugar: 2 grams; Fiber: 1 gram; Cholesterol: 0 milligrams; Sodium: 250 milligrams

## Nutrition Facts



## Properties

Glycemic Index:36.77, Glycemic Load:0.2, Inflammation Score:-10, Nutrition Score:8.6260869890127%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 28.62kcal (1.43%), Fat: 1.03g (1.58%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 1.89g (0.69%), Sugar: 1.49g (1.65%), Cholesterol: 0mg (0%), Sodium: 253.82mg (11.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Vitamin A: 5113.01IU (102.26%), Vitamin C: 52.8mg (64%), Calcium: 128.14mg (12.81%), Iron: 0.91mg (5.07%), Fiber: 1.23g (4.92%), Vitamin K: 3.35µg (3.19%), Manganese: 0.03mg (1.36%), Magnesium: 4.31mg (1.08%), Folate: 4.07µg (1.02%)