



WHATSheATE



Pan-Steamed Asian Greens



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



30 kcal

SIDE DISH

Ingredients



1 pound asian greens 4 to 8 inches long such as baby bok choy, choy sum, yao choy, or small chinese mustard greens



1 tablespoon sesame seed toasted



0.5 cup water

Equipment



bowl

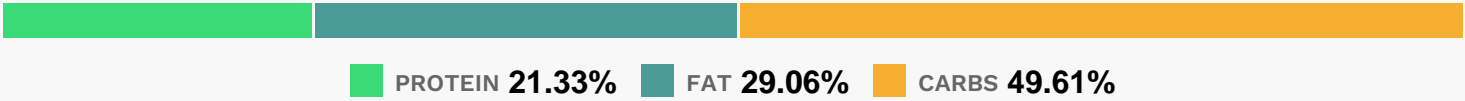


frying pan

Directions

- ☐ Remove and discard yellow, damaged, or tough leaves from 1 pound Asian greens 4 to 8 inches long, such as baby bok choy, choy sum, yao choy, or small Chinese mustard greens. If head or stalk is thicker than 2 inches at the base, cut lengthwise into halves or quarters to make about 1 inch thick. Immerse in water and swish to dislodge grit.
- ☐ Drain.
- ☐ Set a 5- to 6-quart pan over high heat. When hot, add 1/2 cup water and the greens; cover and cook until barely tender to bite, 3 to 5 minutes.
- ☐ Drain greens and pour into a serving bowl.
- ☐ If desired, drizzle with 2 tablespoons oyster sauce or soy sauce and 2 to 3 teaspoons toasted sesame oil; sprinkle with about 1 tablespoon toasted sesame seeds.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.08, Inflammation Score:-7, Nutrition Score:5.8521739178864%

Nutrients (% of daily need)

Calories: 29.6kcal (1.48%), Fat: 1.07g (1.65%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 4.12g (1.37%), Net Carbohydrates: 3.88g (1.41%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 31.18mg (1.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Vitamin C: 26.31mg (31.89%), Vitamin A: 1288.38IU (25.77%), Folate: 43.9µg (10.97%), Manganese: 0.22mg (10.79%), Copper: 0.14mg (7.15%), Potassium: 204.4mg (5.84%), Phosphorus: 56.81mg (5.68%), Iron: 1.01mg (5.59%), Vitamin B6: 0.11mg (5.33%), Magnesium: 19.79mg (4.95%), Vitamin B2: 0.06mg (3.63%), Vitamin B3: 0.71mg (3.57%), Calcium: 35.13mg (3.51%), Vitamin B1: 0.05mg (3.32%), Zinc: 0.4mg (2.64%), Selenium: 1.14µg (1.63%), Vitamin B5: 0.14mg (1.37%)