



Pan-Steamed Asian Greens with Shiitake Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons cornstarch
- ☐ 1 ounce mushroom caps dried
- ☐ 0.3 cup cooking sherry dry
- ☐ 1 tablespoon garlic minced
- ☐ 3 pan-steamed asian greens
- ☐ 2 tablespoons soya sauce
- ☐ 2 teaspoons sugar

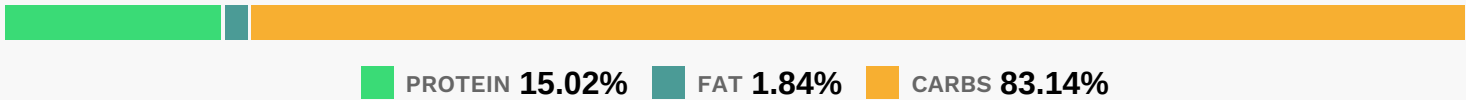
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Rinse mushrooms and place in a bowl; cover with 2 cups hot water.
- ☐ Let soak until soft, about 20 minutes. Lift mushrooms out and squeeze their liquid into bowl; reserve liquid.
- ☐ Cut off and discard tough stems from mushrooms; thinly slice caps.
- ☐ Carefully pour 3/4 cup of the mushroom-soaking liquid into a 1- to 2-quart pan, leaving sediment behind.
- ☐ Add sliced mushrooms, sherry, soy sauce, garlic, and sugar. Bring to a boil over high heat, then cover, reduce heat, and simmer until mushrooms are tender to bite, about 5 minutes.
- ☐ In a small bowl, mix cornstarch with 2 tablespoons water; add to mushrooms and stir until boiling.
- ☐ Arrange hot greens on a platter. Spoon mushroom sauce in a band over the top.

Nutrition Facts



Properties

Glycemic Index:32.52, Glycemic Load:1.71, Inflammation Score:-2, Nutrition Score:4.3800000688466%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 53.29kcal (2.66%), Fat: 0.1g (0.15%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 8.89g (3.23%), Sugar: 2.47g (2.74%), Cholesterol: 0mg (0%), Sodium: 505.06mg (21.96%), Alcohol: 1.54g (100%), Alcohol %: 5.32% (100%), Protein: 1.77g (3.55%), Copper: 0.39mg (19.29%), Vitamin B5: 1.6mg (16.04%), Manganese: 0.18mg (9.05%), Vitamin B3: 1.39mg (6.95%), Vitamin B2: 0.11mg (6.41%), Vitamin B6: 0.12mg (5.96%), Selenium: 3.68µg (5.26%), Potassium: 147.83mg (4.22%), Zinc: 0.63mg (4.17%), Phosphorus: 38.72mg (3.87%), Magnesium: 15.07mg (3.77%), Fiber: 0.94g (3.75%), Folate: 13.66µg (3.41%), Iron: 0.42mg (2.34%), Vitamin B1: 0.03mg (2.1%), Vitamin D: 0.28µg (1.84%), Vitamin C: 1.05mg (1.27%)