



Quick-cooked Pea Shoots

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



57 kcal

SIDE DISH

Ingredients

- 1 pepper flakes dried fresh green red
- 6 ginger fresh peeled cut into thin slivers
- 1 teaspoon kosher salt
- 1 lbs watercress (see Notes)
- 2 tablespoons vegetable oil

Equipment

- frying pan
- wok

tongs

Directions

- Wash pea shoots and trim any tough stems.
- Heat oil in a wok or large, heavy frying pan over high heat. Throw in salt, whole chile, and ginger. When ginger starts to sear, immediately add pea shoots. Cook, moving constantly with tongs so that they cook evenly, 1 to 2 minutes, or just until thoroughly wilted.
- Serve immediately, with whole chile on top of greens or set aside.

Nutrition Facts

 **PROTEIN 12.99%**  **FAT 68.37%**  **CARBS 18.64%**

Properties

Glycemic Index:15.33, Glycemic Load:0.6, Inflammation Score:-9, Nutrition Score:12.364782582159%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 17.41mg, Kaempferol: 17.41mg, Kaempferol: 17.41mg, Kaempferol: 17.41mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 22.67mg, Quercetin: 22.67mg, Quercetin: 22.67mg

Nutrients (% of daily need)

Calories: 56.99kcal (2.85%), Fat: 4.69g (7.22%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 2.25g (0.82%), Sugar: 0.67g (0.74%), Cholesterol: 0mg (0%), Sodium: 420.16mg (18.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.01%), Vitamin K: 198.39µg (188.94%), Vitamin C: 43.63mg (52.89%), Vitamin A: 2483.76IU (49.68%), Manganese: 0.22mg (10.78%), Calcium: 93.13mg (9.31%), Potassium: 302.76mg (8.65%), Vitamin E: 1.2mg (7.98%), Vitamin B6: 0.15mg (7.33%), Vitamin B2: 0.1mg (5.86%), Magnesium: 20.62mg (5.16%), Phosphorus: 50.96mg (5.1%), Vitamin B1: 0.08mg (5.01%), Copper: 0.08mg (4.2%), Vitamin B5: 0.26mg (2.64%), Fiber: 0.63g (2.52%), Folate: 9.3µg (2.32%), Iron: 0.27mg (1.53%), Vitamin B3: 0.3mg (1.48%), Selenium: 0.77µg (1.1%)