



 **56%**  
HEALTH SCORE

## Roasted Bok Choy

 **Vegetarian**  **Vegan**  **Gluten Free**  **Dairy Free**

READY IN



**20 min.**

SERVINGS



**4**

CALORIES



**97 kcal**

SIDE DISH

### Ingredients

- 2 pounds baby bok choy halved
- 4 servings pepper black freshly ground to taste
- 2 tablespoons liquid amino acid bragg® (such as )
- 1 teaspoon curry powder
- 0.5 teaspoon basil dried
- 6 slices ginger fresh
- 3 cloves garlic sliced
- 1 teaspoon ground turmeric

- 0.5 teaspoon fines herbs
- 4 teaspoons olive oil
- 0.1 teaspoon pepper flakes red

## Equipment

- bowl
- baking sheet
- baking paper
- oven

## Directions

- Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with parchment paper.
- Mix bok choy, liquid amino acid, olive oil, ginger, garlic, turmeric, curry powder, fines herbs, basil, red pepper flakes together in a large bowl; season with black pepper.
- Place coated bok choy on the prepared baking sheet; pour remaining liquid over bok choy.
- Bake in the preheated oven until thickest ends of bok choy are tender, 6 to 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:39.25, Glycemic Load:0.31, Inflammation Score:-10, Nutrition Score:12.032173919289%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 97.21kcal (4.86%), Fat: 4.17g (6.41%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 6.58g (2.19%), Net Carbohydrates: 3.84g (1.4%), Sugar: 2.38g (2.64%), Cholesterol: 0mg (0%), Sodium: 149.86mg (6.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.23%), Vitamin A: 10118.23IU (202.36%), Vitamin C: 103.1mg (124.97%), Calcium: 260.84mg (26.08%), Iron: 2.2mg (12.22%), Fiber: 2.74g (10.96%), Manganese: 0.13mg (6.57%),

Vitamin K: 5.44µg (5.18%), Vitamin E: 0.75mg (5%), Vitamin B6: 0.05mg (2.54%), Potassium: 47.72mg (1.36%), Magnesium: 5.25mg (1.31%), Copper: 0.03mg (1.26%)