



## Sautéed Asian Broccoli

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



111 kcal

SIDE DISH

### Ingredients

- 1.5 pounds broccoli
- 1 tablespoon cornstarch
- 3 medium garlic clove finely chopped
- 1 tablespoon brown sugar light packed
- 0.3 teaspoon pepper red
- 1 teaspoon sesame seed toasted
- 3 tablespoons soya sauce
- 2 teaspoons vegetable oil

0.3 cup water

## Equipment

- bowl
- frying pan
- whisk
- peeler

## Directions

- Trim about 1 inch off the stem ends of the broccoli. Using a vegetable peeler, peel away the woody outer layer of the stalks. Halve the broccoli lengthwise through the stem and florets. Turn the pieces so that they are cut-side down, then cut them lengthwise through the stem and florets into 1/2-inch-wide pieces.
- Cut those pieces crosswise into 1-inch pieces; set aside.
- Heat the oil in a large nonstick frying pan over medium-high heat until shimmering.
- Add the broccoli and stir to coat in the oil.
- Add 3 tablespoons of the water and cover with a tightfitting lid. Cook until the broccoli is crisp-tender, about 3 minutes. Meanwhile, place the remaining 1/4 cup water, soy sauce, cornstarch, sugar, and red pepper flakes in a medium bowl and whisk to combine; set aside. Reduce the heat to medium, add the garlic to the frying pan, stir to combine, and cook until fragrant, about 1 minute.
- Remove the pan from the heat. Rewhisk the reserved sauce and add it to the pan. Stir until the sauce thickens and coats the broccoli, about 1 minute. Stir in the sesame seeds and serve immediately.

## Nutrition Facts



PROTEIN 20.65%  FAT 22.76%  CARBS 56.59%

## Properties

Glycemic Index:28, Glycemic Load:2.53, Inflammation Score:-9, Nutrition Score:19.207826116811%

## Flavonoids

Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

## Nutrients (% of daily need)

Calories: 111.41kcal (5.57%), Fat: 3.17g (4.88%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 17.74g (5.91%), Net Carbohydrates: 13.04g (4.74%), Sugar: 6.06g (6.74%), Cholesterol: 0mg (0%), Sodium: 814.49mg (35.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.95%), Vitamin C: 152.43mg (184.76%), Vitamin K: 177.81µg (169.34%), Folate: 110.21µg (27.55%), Manganese: 0.48mg (23.98%), Vitamin A: 1097.02IU (21.94%), Fiber: 4.7g (18.79%), Vitamin B6: 0.36mg (18.02%), Potassium: 583.98mg (16.69%), Phosphorus: 137.16mg (13.72%), Vitamin B2: 0.22mg (13.2%), Magnesium: 44.1mg (11.03%), Vitamin B5: 1.04mg (10.44%), Vitamin E: 1.56mg (10.41%), Iron: 1.73mg (9.59%), Calcium: 94.98mg (9.5%), Vitamin B1: 0.14mg (9.17%), Vitamin B3: 1.68mg (8.38%), Selenium: 4.97µg (7.1%), Copper: 0.13mg (6.74%), Zinc: 0.83mg (5.53%)