



Sautéed Bok Choy with Caramelized Onions, Golden Raisins, and Toasted Pine Nuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



354 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large heads bok choy divided rinsed chopped
- ☐ 0.5 cup sherry dry
- ☐ 1 tablespoon garlic clove chopped
- ☐ 0.3 cup golden raisins
- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons pinenuts toasted
- ☐ 7 tablespoons vegetable oil divided

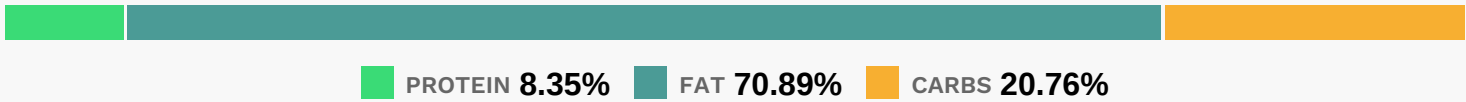
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula
- ☐ dutch oven

Directions

- ☐ Combine raisins and sherry in a small bowl and set aside.
- ☐ Heat 4 tablespoons oil in a heavy-bottomed Dutch oven over medium heat until shimmering.
- ☐ Add onions and cook, stirring occasionally and then more frequently at the end, until deeply caramelized and sticky, about 40 minutes, reducing heat and adding a tablespoon or two of water is onions begin to burn.
- ☐ Add raisin mixture and stir, using a wooden spatula to deglaze bottom of pan.
- ☐ Transfer onions to a dish and set aside.
- ☐ Wipe out pan and return to high heat.
- ☐ Add 3 tablespoons oil and, when shimmering, add chopped bok choy stalks. Cook, stirring occasionally, until bok choy releases the majority of its liquid and begins to brown, 10 to 12 minutes.
- ☐ Add garlic and cook, stirring, until fragrant, about 1 minute.
- ☐ Add chopped bok choy leaves and cook, stirring, until wilted, about 6 minutes. Lower heat, add onion mixture and stir to incorporate. Season generously with salt and pepper.
- ☐ Transfer vegetables to a platter, sprinkle with pine nuts, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.42, Glycemic Load:4.19, Inflammation Score:-10, Nutrition Score:31.721739084824%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 18.44mg, Kaempferol: 18.44mg, Kaempferol: 18.44mg, Kaempferol: 18.44mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.92mg, Quercetin: 8.92mg, Quercetin: 8.92mg, Quercetin: 8.92mg

Nutrients (% of daily need)

Calories: 353.84kcal (17.69%), Fat: 28.11g (43.25%), Saturated Fat: 4.01g (25.03%), Carbohydrates: 18.52g (6.17%), Net Carbohydrates: 13.71g (4.98%), Sugar: 10.81g (12.01%), Cholesterol: 0mg (0%), Sodium: 276.05mg (12%), Alcohol: 3.09g (100%), Alcohol %: 0.8% (100%), Protein: 7.45g (14.9%), Vitamin A: 18767.78IU (375.36%), Vitamin C: 189.95mg (230.25%), Vitamin K: 238.2µg (226.86%), Folate: 279.55µg (69.89%), Manganese: 1.22mg (60.86%), Calcium: 453.37mg (45.34%), Vitamin B6: 0.89mg (44.44%), Potassium: 1186.51mg (33.9%), Magnesium: 99.19mg (24.8%), Iron: 3.93mg (21.82%), Phosphorus: 203.19mg (20.32%), Vitamin B2: 0.33mg (19.38%), Fiber: 4.81g (19.26%), Vitamin E: 2.8mg (18.7%), Vitamin B1: 0.19mg (12.84%), Vitamin B3: 2.47mg (12.35%), Copper: 0.2mg (9.78%), Zinc: 1.21mg (8.07%), Vitamin B5: 0.42mg (4.25%), Selenium: 2.52µg (3.6%)