



Sesame Bok Choy



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



14 min.

SERVINGS



4

CALORIES



46 kcal

SIDE DISH

Ingredients

- ☐ 6 baby bok choy
- ☐ 0.1 teaspoon pepper black
- ☐ 1 teaspoon sesame seed black
- ☐ 2 teaspoons sesame oil dark
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sesame seed

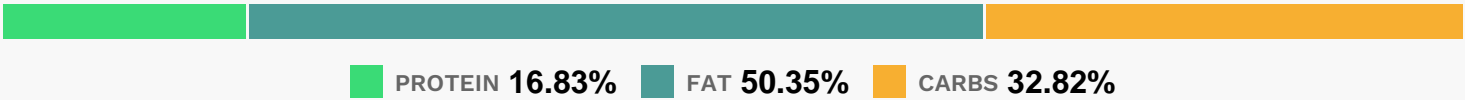
Equipment

- ☐ frying pan

Directions

- ☐ Cut bok choy in half lengthwise, leaving core intact. Steam bok choy, covered, 4 minutes or until tender; drain well.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Drizzle cut sides of bok choy with oil; sprinkle with salt and pepper.
- ☐ Place bok choy, cut sides down, in pan; cook 6 minutes or until lightly browned. Turn bok choy over; cook an additional 1 to 2 minutes or until lightly browned.
- ☐ Sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.05, Inflammation Score:-10, Nutrition Score:10.246521606798%

Nutrients (% of daily need)

Calories: 45.6kcal (2.28%), Fat: 2.5g (3.84%), Saturated Fat: 0.35g (2.22%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 1.84g (0.67%), Sugar: 1.7g (1.89%), Cholesterol: 0mg (0%), Sodium: 255.64mg (11.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Vitamin A: 7543.18IU (150.86%), Vitamin C: 76.28mg (92.45%), Calcium: 196.57mg (19.66%), Iron: 1.37mg (7.63%), Fiber: 1.83g (7.32%), Copper: 0.04mg (2.09%), Manganese: 0.03mg (1.65%)