



Snow Pea-and-Chinese Mushroom Stir-Fry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



52 kcal

SIDE DISH

Ingredients

- 8 ounce bamboo skewers drained sliced canned
- 2 teaspoons sesame oil dark
- 0.8 ounce mushrooms dried black
- 0.3 teaspoon salt
- 1 pound snow peas trimmed
- 0.3 teaspoon sugar
- 1 cup water boiling

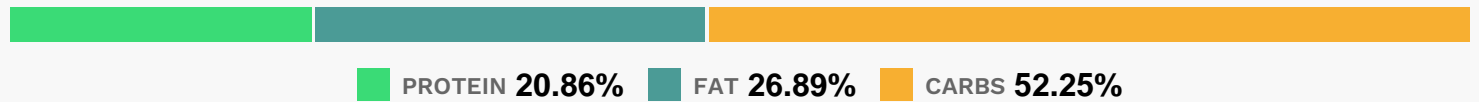
Equipment

- bowl
- frying pan
- wok

Directions

- Combine 1 cup boiling water and mushrooms in a bowl; cover and let stand 15 minutes.
- Drain mushrooms, reserving 2 tablespoons soaking liquid. Discard mushroom stems; thinly slice mushroom caps, and set aside.
- Heat oil in a wok or large nonstick skillet over medium-high heat.
- Add mushrooms and bamboo shoots; stir-fry 2 minutes.
- Add reserved soaking liquid, snow peas, salt, and sugar; stir-fry 2 minutes.

Nutrition Facts



Properties

Glycemic Index:22.35, Glycemic Load:0.36, Inflammation Score:-7, Nutrition Score:8.5413045083051%

Nutrients (% of daily need)

Calories: 52.14kcal (2.61%), Fat: 1.65g (2.54%), Saturated Fat: 0.26g (1.6%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 4.68g (1.7%), Sugar: 3.97g (4.42%), Cholesterol: 0mg (0%), Sodium: 104.72mg (4.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.75%), Vitamin C: 45.85mg (55.58%), Vitamin K: 19.08µg (18.17%), Vitamin A: 826.67IU (16.53%), Manganese: 0.25mg (12.29%), Fiber: 2.53g (10.12%), Iron: 1.71mg (9.51%), Vitamin B6: 0.18mg (8.8%), Vitamin B1: 0.13mg (8.41%), Folate: 33.49µg (8.37%), Vitamin B5: 0.65mg (6.55%), Copper: 0.12mg (6.02%), Potassium: 192.73mg (5.51%), Phosphorus: 52.56mg (5.26%), Magnesium: 20.37mg (5.09%), Vitamin B2: 0.08mg (4.98%), Calcium: 36.88mg (3.69%), Vitamin E: 0.55mg (3.68%), Vitamin B3: 0.63mg (3.17%), Zinc: 0.47mg (3.15%), Selenium: 1.05µg (1.5%)