Stir-Fried Baby Bok Choy with Garlic

Vegetarian Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
35 min.	8	77 kcal

SIDE DISH

Ingredients

- [ ] 2 pounds bok choy halved lengthwise
- [ ] 1.5 teaspoons cornstarch
- [ ] 8 cloves garlic thinly sliced
- [ ] 0.3 cup chicken broth reduced-sodium
- [ ] 2 teaspoons sesame oil
- [ ] 1 tablespoon soya sauce
- [ ] 3 tablespoons vegetable oil

Equipment

- [ ] paper towels
- [ ] wok

Directions

- [ ] Stir together broth, soy sauce, cornstarch, and 1/2 teaspoon salt until cornstarch has dissolved.
- [ ] Heat wok over high heat until a drop of water evaporates instantly.
- [ ] Pour peanut oil down side of wok, then swirl oil, tilting wok to coat side.
- [ ] Add garlic and stir-fry until pale golden, 5 to 10 seconds.
- [ ] Add half of bok choy and stir-fry until leaves wilt, about 2 minutes, then add remaining bok choy and stir-fry until all leaves are bright green and limp, 2 to 3 minutes total. Stir broth mixture, then pour into wok and stir-fry 15 seconds. Cover with lid and cook, stirring occasionally, until vegetables are crisp-tender, 2 to 4 minutes. Stir in sesame oil, then transfer to a serving dish.
- [ ] Baby bok choy can be washed, dried, and halved 1 day ahead. Chill, wrapped in paper towels, in a sealed bag.

Nutrition Facts

PROTEIN **11.19%** FAT **69.32%** CARBS **19.49%**

Properties

Glycemic Index:5.63, Glycemic Load:0.3, Inflammation Score:-10, Nutrition Score:14.413913100958%

Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 4.92mg, Kaempferol: 4.92mg, Kaempferol: 4.92mg, Kaempferol: 4.92mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 77.49kcal (3.87%), Fat: 6.4g (9.85%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 4.05g (1.35%), Net Carbohydrates: 2.83g (1.03%), Sugar: 1.42g (1.58%), Cholesterol: 0mg (0%), Sodium: 202.89mg (8.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.65%), Vitamin A: 5066.9IU (101.34%), Vitamin C: 51.97mg (62.99%), Vitamin K: 61.16µg (58.25%), Folate: 75.34µg (18.83%), Vitamin B6: 0.26mg (13.13%), Calcium: 125.35mg (12.53%), Manganese: 0.24mg (12.09%), Potassium: 311.03mg (8.89%), Magnesium: 23.31mg (5.83%), Iron: 1.04mg (5.75%),

Phosphorus: 52.47mg (5.25%), Vitamin B2: 0.09mg (5.24%), Fiber: 1.22g (4.87%), Vitamin B3: 0.81mg (4.06%), Vitamin E: 0.54mg (3.57%), Vitamin B1: 0.05mg (3.51%), Copper: 0.04mg (2.05%), Zinc: 0.27mg (1.8%), Selenium: 1.02µg (1.46%), Vitamin B5: 0.13mg (1.26%)