



Stir-Fried Bean Sprouts and Chinese Chives



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



128 kcal

SIDE DISH

Ingredients

- ☐ 6 cups bean sprouts dried rinsed
- ☐ 5 ounces spring onion dark chinese ends trimmed cut into 2-in. lengths, or green onions, green part only (cut lengthwise in half first)
- ☐ 1 tablespoon fish sauce red
- ☐ 1 tbsp garlic minced
- ☐ 4 servings salt and pepper
- ☐ 1 teaspoon rice wine
- ☐ 2 teaspoons soya sauce
- ☐ 0.5 teaspoon sugar

☐ 2 tablespoons vegetable oil

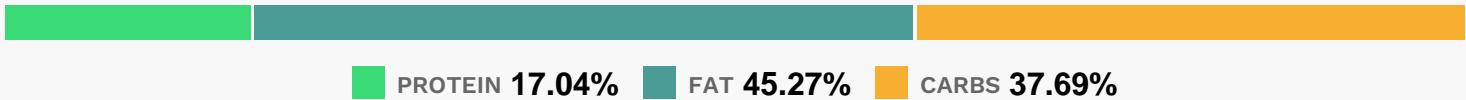
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ stove
- ☐ wok

Directions

- ☐ Blend your cooking sauce: In a small bowl, mix together fish sauce, soy sauce, sugar, and rice wine.
- ☐ Have your other ingredients lined up next to the stove: oil, garlic, bean sprouts, and Chinese chives.
- ☐ Heat a large--12 inches or wider--heavy skillet or wok over high heat. Swirl in oil. Toss in garlic and fry, stirring constantly, for 15 seconds until it just begins to brown.
- ☐ Add bean sprouts and then cooking sauce, and fry, stirring and tossing, for about 90 seconds.
- ☐ Sprinkle in chives and cook, tossing well, for 30 to 60 seconds.
- ☐ Remove pan from heat and stir in a couple of pinches of pepper, and salt to taste. Lift the sprouts out of the hot pan and onto a platter quickly, so they don't continue cooking.
- ☐ *For finishing a dish, the Banhs like pungent, single-press Red Boat; find it at well-stocked grocery stores and Asian markets.

Nutrition Facts



Properties

Glycemic Index:36.77, Glycemic Load:1.09, Inflammation Score:-7, Nutrition Score:14.593913021295%

Flavonoids

Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

Nutrients (% of daily need)

Calories: 128.21kcal (6.41%), Fat: 7.16g (11.02%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 13.42g (4.47%), Net Carbohydrates: 9.63g (3.5%), Sugar: 8g (8.89%), Cholesterol: 0mg (0%), Sodium: 730.02mg (31.74%), Alcohol: 0.2g (100%), Alcohol %: 0.12% (100%), Protein: 6.07g (12.13%), Vitamin K: 137.37µg (130.83%), Vitamin C: 27.9mg (33.82%), Folate: 120.73µg (30.18%), Manganese: 0.41mg (20.47%), Fiber: 3.8g (15.18%), Copper: 0.3mg (14.89%), Vitamin B2: 0.23mg (13.6%), Magnesium: 49.5mg (12.38%), Iron: 2.09mg (11.61%), Phosphorus: 104.7mg (10.47%), Vitamin B1: 0.16mg (10.46%), Vitamin B6: 0.21mg (10.38%), Potassium: 357.95mg (10.23%), Vitamin B3: 1.59mg (7.95%), Vitamin A: 386.79IU (7.74%), Vitamin B5: 0.65mg (6.48%), Vitamin E: 0.91mg (6.06%), Zinc: 0.82mg (5.49%), Calcium: 52.14mg (5.21%), Selenium: 1.89µg (2.7%)