

Stir Fried Bok Choy



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon five-spice powder chinese to taste
- ☐ 1 large head bok choy
- ☐ 1 tablespoon butter
- ☐ 0.3 cup cashew pieces
- ☐ 3 cloves garlic minced
- ☐ 1 tablespoon grapeseed oil
- ☐ 1 onion sliced
- ☐ 1 pinch sugar white

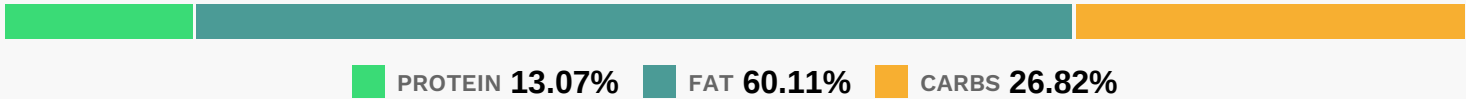
Equipment

☐ frying pan

Directions

- ☐ Cut 1/2 to 1 inch slice off the root-end of bok choy; discard stem.
- ☐ Cut stalks diagonally into 1/8-inch pieces; cut or tear leaves into bite-sized pieces.
- ☐ Heat oil and butter in a skillet over medium heat; add onion, cashews, garlic, bok choy, Chinese five-spice, and sugar to the hot oil-butter mixture. Cook and stir bok choy mixture until tender, 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:65.32, Glycemic Load:1.69, Inflammation Score:-10, Nutrition Score:24.248260958363%

Flavonoids

Apigenin: 0.51mg, Apigenin: 0.51mg, Apigenin: 0.51mg, Apigenin: 0.51mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 9.28mg, Kaempferol: 9.28mg, Kaempferol: 9.28mg, Kaempferol: 9.28mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 9.95mg, Quercetin: 9.95mg, Quercetin: 9.95mg, Quercetin: 9.95mg

Nutrients (% of daily need)

Calories: 159.78kcal (7.99%), Fat: 11.59g (17.83%), Saturated Fat: 3.04g (19.03%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 8.6g (3.13%), Sugar: 4.55g (5.06%), Cholesterol: 7.53mg (2.51%), Sodium: 161.86mg (7.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Vitamin A: 9472.57IU (189.45%), Vitamin C: 97.4mg (118.06%), Vitamin K: 99.61µg (94.87%), Folate: 146.74µg (36.68%), Manganese: 0.6mg (29.82%), Vitamin B6: 0.52mg (25.82%), Calcium: 238.95mg (23.89%), Magnesium: 75.52mg (18.88%), Potassium: 657.37mg (18.78%), Phosphorus: 155.9mg (15.59%), Copper: 0.3mg (15.1%), Iron: 2.68mg (14.89%), Fiber: 3.04g (12.17%), Vitamin B1: 0.15mg (9.9%), Vitamin B2: 0.17mg (9.75%), Vitamin E: 1.38mg (9.21%), Zinc: 1.12mg (7.49%), Vitamin B3: 1.23mg (6.14%), Selenium: 3.71µg (5.3%), Vitamin B5: 0.33mg (3.33%)