



WHATSheATE



Stir-Fried Bok Choy and Lettuce with Mushrooms



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



57 kcal

SIDE DISH

Ingredients

- ☐ 8 heads baby bok choy halved lengthwise
- ☐ 4 teaspoons canola oil divided
- ☐ 0.5 teaspoon cornstarch
- ☐ 2 ounces shiitake mushrooms dried
- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 2 medium garlic clove thinly sliced
- ☐ 1 teaspoon ginger minced peeled

- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 2 tablespoons oyster sauce
- ☐ 8 cups the of 1 cos lettuce
- ☐ 1 tablespoon rice wine dry chinese (rice wine)
- ☐ 0.5 teaspoon sugar
- ☐ 1 cup water boiling

Equipment

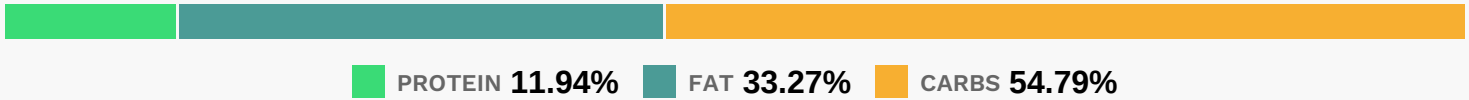
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wok
- ☐ colander

Directions

- ☐ Combine 1 cup boiling water and shiitake mushrooms in a bowl; cover and let stand 20 minutes.
- ☐ Drain mushrooms in a colander over a bowl, reserving liquid. Rinse mushrooms.
- ☐ Remove and discard stems; cut each cap into quarters. Set aside.
- ☐ Combine soy sauce, wine, and sugar in a small bowl, stirring with a whisk.
- ☐ Heat a small saucepan over medium-high heat.
- ☐ Add 1 teaspoon oil and ginger to pan; saut 30 seconds.
- ☐ Add reserved mushrooms; saut 1 minute.
- ☐ Add reserved mushroom liquid and broth; bring to a boil. Cover, reduce heat, and simmer 20 minutes.
- ☐ Combine oyster sauce and cornstarch in a small bowl, stirring with a whisk; stir into mushroom mixture. Bring to a boil, stirring constantly. Cook 1 minute or until thickened.
- ☐ Remove from heat; keep warm.

- ☐ Heat a wok or large skillet over high heat.
- ☐ Add remaining 1 tablespoon oil to pan.
- ☐ Add garlic; stir-fry 10 seconds.
- ☐ Add bok choy; stir-fry 2 minutes or until bok choy begins to soften.
- ☐ Add lettuce; stir-fry 2 minutes or until lettuce wilts. Stir in mushroom mixture and soy sauce mixture; cook 3 minutes or until bok choy is tender.

Nutrition Facts



Properties

Glycemic Index:14.39, Glycemic Load:0.25, Inflammation Score:-10, Nutrition Score:11.771304218665%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 57.19kcal (2.86%), Fat: 2.27g (3.48%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 6.52g (2.37%), Sugar: 1.03g (1.14%), Cholesterol: 0mg (0%), Sodium: 331.9mg (14.43%), Alcohol: 0.3g (100%), Alcohol %: 0.34% (100%), Protein: 1.83g (3.66%), Vitamin A: 4138.27IU (82.77%), Vitamin K: 49.61µg (47.25%), Copper: 0.41mg (20.38%), Folate: 78.1µg (19.52%), Vitamin B5: 1.65mg (16.53%), Manganese: 0.19mg (9.51%), Vitamin B2: 0.14mg (8.27%), Fiber: 1.88g (7.5%), Potassium: 250.1mg (7.15%), Vitamin B3: 1.34mg (6.72%), Vitamin B6: 0.12mg (6.1%), Selenium: 4.12µg (5.89%), Magnesium: 19.72mg (4.93%), Zinc: 0.7mg (4.68%), Phosphorus: 45.49mg (4.55%), Vitamin B1: 0.06mg (3.98%), Iron: 0.68mg (3.8%), Vitamin C: 2.83mg (3.43%), Vitamin E: 0.43mg (2.86%), Calcium: 22.98mg (2.3%), Vitamin D: 0.28µg (1.84%)