



WHATSheATE



HEALTH SCORE

100%

Stir-fried broccoli with cashews & oyster sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



6

CALORIES



190 kcal

SIDE DISH

Ingredients



1 tbsp unrefined sunflower oil



100 g roasted cashews unsalted



2 heads broccoli cut into small florets



3 tbsp oyster sauce

Equipment



frying pan



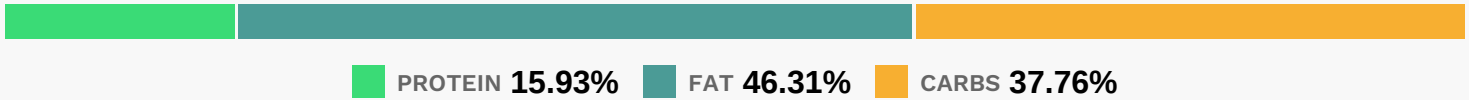
knife

wok

Directions

- Heat a little of the oil in a wok and toast the cashew nuts until they start to turn golden. Tip out of the pan, then add the rest of the oil. Stir-fry the broccoli for 2–3 mins until it has turned bright green (it will still be very firm).
- Add a splash of water to the pan, then cover with a lid and steam for about 4 mins or until the stems just give with a knife. Push to the side of the pan, then pour the oyster sauce into the other side. Bring to the boil, then stir into the broccoli. Toss in the cashews and serve.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:2.62, Inflammation Score:-9, Nutrition Score:23.316086950509%

Flavonoids

Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Kaempferol: 15.89mg, Kaempferol: 15.89mg, Kaempferol: 15.89mg, Kaempferol: 15.89mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg

Nutrients (% of daily need)

Calories: 189.79kcal (9.49%), Fat: 10.84g (16.68%), Saturated Fat: 1.99g (12.45%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 14.09g (5.12%), Sugar: 4.28g (4.76%), Cholesterol: 0mg (0%), Sodium: 315.25mg (13.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.39g (16.77%), Vitamin C: 180.79mg (219.14%), Vitamin K: 212.63µg (202.5%), Folate: 140.53µg (35.13%), Manganese: 0.57mg (28.4%), Vitamin A: 1262.61IU (25.25%), Copper: 0.48mg (24.13%), Fiber: 5.8g (23.19%), Phosphorus: 217.41mg (21.74%), Magnesium: 86.25mg (21.56%), Potassium: 739.45mg (21.13%), Vitamin B6: 0.4mg (19.94%), Vitamin E: 2.69mg (17.95%), Vitamin B2: 0.28mg (16.57%), Iron: 2.5mg (13.86%), Vitamin B5: 1.37mg (13.66%), Vitamin B1: 0.18mg (11.88%), Zinc: 1.77mg (11.82%), Selenium: 7.41µg (10.59%), Calcium: 105.63mg (10.56%), Vitamin B3: 1.66mg (8.3%)