



Stir-Fried Broccoli With Oyster Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



84 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds broccoli
- ☐ 1.5 teaspoons cornstarch
- ☐ 1 teaspoon sesame oil dark
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1.5 tablespoons ginger fresh minced peeled
- ☐ 8 cloves garlic minced
- ☐ 0.3 cup green onions minced
- ☐ 1 teaspoon soya sauce low-sodium

- ☐ 3 tablespoons oyster sauce
- ☐ 1.5 tablespoons rice wine
- ☐ 1.5 teaspoons sugar
- ☐ 1.5 tablespoons vegetable oil
- ☐ 6 cups water

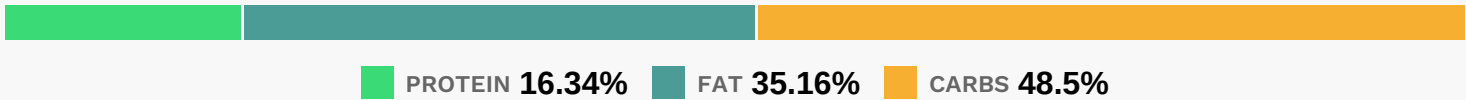
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Cut broccoli florets and stems into bite-size pieces to measure 10 cups.
- ☐ Bring water to a boil in a large Dutch oven; add broccoli. Cook broccoli 4 minutes or until crisp-tender; drain.
- ☐ Combine broth and next 6 ingredients (broth through sesame oil); stir well with a whisk.
- ☐ Heat the vegetable oil in a large nonstick skillet over medium-high heat.
- ☐ Add onions, ginger, and garlic; saut 15 seconds.
- ☐ Add broth mixture; bring to a boil. Cook 1 minute or until thick, stirring constantly.
- ☐ Add broccoli; cook 30 seconds, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:22.39, Glycemic Load:2.35, Inflammation Score:-8, Nutrition Score:15.779565228068%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.94mg, Kaempferol: 8.94mg, Kaempferol: 8.94mg, Kaempferol: 8.94mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 84.49kcal (4.22%), Fat: 3.55g (5.46%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 11.01g (3.67%), Net Carbohydrates: 7.86g (2.86%), Sugar: 2.83g (3.14%), Cholesterol: 0mg (0%), Sodium: 312.37mg (13.58%), Alcohol: 0.45g (100%), Alcohol %: 0.18% (100%), Protein: 3.71g (7.42%), Vitamin C: 102.75mg (124.54%), Vitamin K: 126.94µg (120.9%), Folate: 75.1µg (18.78%), Manganese: 0.3mg (15.22%), Vitamin A: 737.9IU (14.76%), Fiber: 3.15g (12.59%), Vitamin B6: 0.24mg (12.19%), Potassium: 395.27mg (11.29%), Vitamin B2: 0.15mg (8.94%), Phosphorus: 85.34mg (8.53%), Vitamin E: 1.13mg (7.5%), Magnesium: 28.55mg (7.14%), Calcium: 69.58mg (6.96%), Vitamin B5: 0.69mg (6.93%), Vitamin B1: 0.09mg (6.03%), Selenium: 3.96µg (5.65%), Copper: 0.11mg (5.6%), Iron: 0.98mg (5.44%), Vitamin B3: 0.96mg (4.79%), Zinc: 0.55mg (3.66%)