



Stir-Fried Brussels Sprouts with Garlic and Chile



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 4 cups brussels sprouts halved
- ☐ 2 tablespoons garlic thinly sliced
- ☐ 1 pinch ground pepper white
- ☐ 6 servings kosher salt
- ☐ 0.5 cup low-salt chicken broth
- ☐ 0.3 cup oyster sauce
- ☐ 2 teaspoons soya sauce thin (such as Healthy Boy)

- ☐ 2 teaspoons sugar
- ☐ 4 teaspoons thai fish sauce (nam pla)
- ☐ 0.3 cup vegetable oil

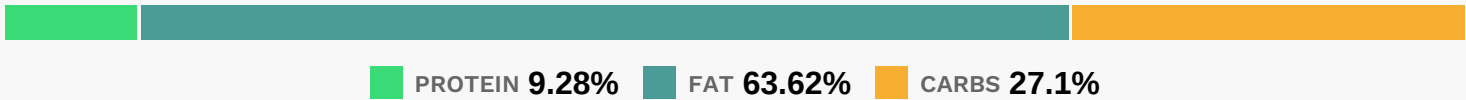
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ Blanch brussels sprouts in a large pot ofboiling salted water until bright green,about 15 seconds.
- ☐ Drain and set aside.
- ☐ Heat oil in a wok or large skillet overmedium heat.
- ☐ Add garlic and stir until lightgolden brown, about 30 seconds. Usinga slotted spoon, transfer to a small bowl.
- ☐ Increase heat to high; add brusselssprouts. Stir-fry until they begin to soften,2–3 minutes.
- ☐ Add oyster sauce and next5 ingredients. Stir-fry for 30 seconds; addchicken broth. Bring to a boil; cook untilliquid is reduced slightly, about 2 minutes;add more chiles, if desired. Stir in garlic.

Nutrition Facts



Properties

Glycemic Index:24.52, Glycemic Load:2.16, Inflammation Score:-6, Nutrition Score:12.06217385375%

Flavonoids

Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 125.41kcal (6.27%), Fat: 9.42g (14.5%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 9.03g (3.01%), Net Carbohydrates: 6.69g (2.43%), Sugar: 2.85g (3.17%), Cholesterol: 0mg (0%), Sodium: 904.44mg (39.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Vitamin K: 120.59µg (114.85%), Vitamin C: 50.74mg (61.5%), Manganese: 0.27mg (13.44%), Folate: 39.72µg (9.93%), Fiber: 2.34g (9.36%), Vitamin B6: 0.18mg (9.25%), Vitamin A: 443.07IU (8.86%), Vitamin E: 1.26mg (8.41%), Potassium: 276.89mg (7.91%), Vitamin B1: 0.09mg (5.97%), Magnesium: 22.58mg (5.64%), Iron: 1.01mg (5.63%), Phosphorus: 55.53mg (5.55%), Vitamin B3: 1.04mg (5.19%), Vitamin B2: 0.08mg (4.66%), Copper: 0.08mg (3.93%), Calcium: 35.69mg (3.57%), Selenium: 2.13µg (3.05%), Zinc: 0.32mg (2.16%), Vitamin B5: 0.21mg (2.11%), Vitamin B12: 0.08µg (1.31%)