



Stir-Fried Chinese Broccoli



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 2 lb broccoli chinese trimmed cut into 1-inch pieces (sometimes known as kale)
- ☐ 0.5 cup chicken broth canned
- ☐ 4 garlic clove smashed
- ☐ 2 tablespoons oyster sauce
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons thai fish sauce yellow
- ☐ 3 tablespoons vegetable oil

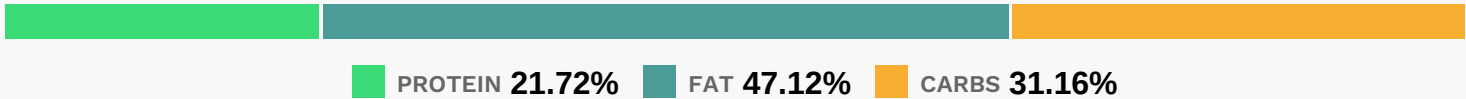
Equipment

- ☐ ziploc bags
- ☐ wok

Directions

- ☐ Heat oil in wok over high heat until hot but not smoking, then stir-fry garlic until pale golden, 10 to 15 seconds.
- ☐ Add broccoli and stock and stir-fry 2 minutes.
- ☐ Add bean sauce, oyster sauce, and sugar and stir-fry until broccoli is crisp-tender, 4 to 5 minutes.
- ☐ Broccoli can be trimmed and cut 6 hours ahead and chilled in a sealed plastic bag

Nutrition Facts



Properties

Glycemic Index:16.51, Glycemic Load:2.3, Inflammation Score:-8, Nutrition Score:16.135652235021%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 117.3kcal (5.86%), Fat: 6.58g (10.12%), Saturated Fat: 1.2g (7.49%), Carbohydrates: 9.79g (3.26%), Net Carbohydrates: 6.8g (2.47%), Sugar: 3.1g (3.45%), Cholesterol: 6.41mg (2.14%), Sodium: 575.54mg (25.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.65%), Vitamin C: 101.65mg (123.21%), Vitamin K: 125.37µg (119.4%), Folate: 74.71µg (18.68%), Vitamin A: 729.82IU (14.6%), Manganese: 0.28mg (13.81%), Vitamin B6: 0.26mg (13%), Fiber: 2.99g (11.97%), Potassium: 399.37mg (11.41%), Phosphorus: 98.05mg (9.8%), Vitamin B2: 0.16mg (9.15%), Vitamin E: 1.34mg (8.96%), Magnesium: 34.68mg (8.67%), Selenium: 6.02µg (8.6%), Vitamin B5: 0.66mg (6.65%), Calcium: 61.19mg (6.12%), Vitamin B3: 1.21mg (6.06%), Iron: 1.06mg (5.91%), Vitamin B1: 0.08mg (5.63%), Zinc: 0.82mg (5.44%), Copper: 0.08mg (3.77%), Vitamin B12: 0.17µg (2.8%)