



Stir-Fried Crocodile with Ginger and Spring Onion



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tsp baking soda
- ☐ 1 small carrots cut into strips
- ☐ 2 tsp masa
- ☐ 3 cloves garlic – or pressed finely chopped
- ☐ 40 g ginger sliced
- ☐ 1 tsp soya sauce light
- ☐ 350 g crocodile tail fillet cut into bite-sized pieces

- ☐ 2 servings oyster sauce to taste
- ☐ 1 dash pepper powder white
- ☐ 0.3 tsp salt
- ☐ 2 servings sesame oil
- ☐ 0.5 Tbs rice wine
- ☐ 90 g spring onion white green separated cut into 2-inch in length, and parts (10 stalks)
- ☐ 0.3 tsp sugar
- ☐ 25 g fungus – soaked until black softened cut into bite-sized pieces
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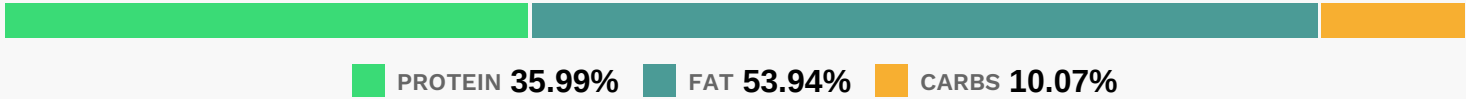
Equipment

- ☐ paper towels

Directions

- ☐ Mix together crocodile meat and baking soda to tenderise the meat. Leave at room temperature for 15 mins then rinse thoroughly.
- ☐ Drain and pat dry meat with paper towels.

Nutrition Facts



Properties

Glycemic Index:104.46, Glycemic Load:2.76, Inflammation Score:-10, Nutrition Score:15.390434770804%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg

Nutrients (% of daily need)

Calories: 632.19kcal (31.61%), Fat: 37.68g (57.97%), Saturated Fat: 11.34g (70.89%), Carbohydrates: 15.83g (5.28%), Net Carbohydrates: 12.99g (4.72%), Sugar: 3.27g (3.64%), Cholesterol: 192.5mg (64.17%), Sodium: 1482.51mg (64.46%), Alcohol: 0.6g (100%), Alcohol %: 0.25% (100%), Protein: 56.57g (113.14%), Vitamin K: 98.45µg (93.76%),

Vitamin A: 4625.8IU (92.52%), Iron: 8.09mg (44.95%), Vitamin C: 12.44mg (15.08%), Manganese: 0.29mg (14.43%), Fiber: 2.84g (11.35%), Calcium: 96.32mg (9.63%), Folate: 38.05µg (9.51%), Potassium: 326.48mg (9.33%), Vitamin B6: 0.18mg (8.99%), Magnesium: 28.23mg (7.06%), Copper: 0.13mg (6.34%), Phosphorus: 54.86mg (5.49%), Vitamin B1: 0.07mg (4.55%), Vitamin E: 0.67mg (4.47%), Vitamin B3: 0.88mg (4.39%), Vitamin B2: 0.07mg (4.33%), Zinc: 0.47mg (3.1%), Selenium: 1.91µg (2.73%), Vitamin B5: 0.19mg (1.9%)