



Stir-Fried Garlic Chives with Chile



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



161 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.8 lb chives green chinese cut into 1 1/2-inch pieces (4 cups) (also called chives; flat parts only)
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 1 teaspoon pepper dried red hot
- ☐ 4 servings rice white steamed
- ☐ 0.3 teaspoon salt to taste

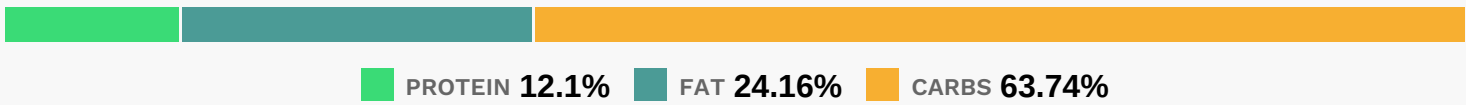
Equipment

- ☐ wok

Directions

- ☐ Heat wok over high heat until a drop of water vaporizes instantly upon contact.
- ☐ Add oil, swirling to coat wok evenly, and heat until hot and just smoking.
- ☐ Add chives and red pepper flakes and stir-fry, letting chives rest on bottom and sides of wok several seconds between stirs, until chives are tender and slightly browned, 2 to 4 minutes. Stir in salt.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:24.62, Inflammation Score:-10, Nutrition Score:18.068695856177%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 5.74mg, Isorhamnetin: 5.74mg, Isorhamnetin: 5.74mg, Isorhamnetin: 5.74mg Kaempferol: 8.5mg, Kaempferol: 8.5mg, Kaempferol: 8.5mg, Kaempferol: 8.5mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 160.56kcal (8.03%), Fat: 4.41g (6.79%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 26.2g (8.73%), Net Carbohydrates: 23.59g (8.58%), Sugar: 1.65g (1.83%), Cholesterol: 0mg (0%), Sodium: 156.88mg (6.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.95%), Vitamin K: 181.71µg (173.05%), Vitamin A: 3850.41IU (77.01%), Vitamin C: 49.42mg (59.9%), Manganese: 0.7mg (34.95%), Folate: 91.81µg (22.95%), Magnesium: 45.95mg (11.49%), Fiber: 2.62g (10.46%), Vitamin B6: 0.2mg (10.07%), Selenium: 6.79µg (9.7%), Copper: 0.19mg (9.66%), Iron: 1.61mg (8.93%), Calcium: 87.88mg (8.79%), Phosphorus: 84.8mg (8.48%), Potassium: 289.17mg (8.26%), Vitamin B2: 0.11mg (6.63%), Vitamin E: 0.95mg (6.34%), Zinc: 0.89mg (5.9%), Vitamin B5: 0.59mg (5.88%), Vitamin B1: 0.08mg (5.56%), Vitamin B3: 0.92mg (4.62%)