



HEALTH SCORE

72%

Stir-fried greens in oyster sauce



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



33 kcal

SAUCE

Ingredients



600 g bok choy assorted



4 tbsp oyster sauce



1 to 5 chilies red deseeded finely chopped

Equipment

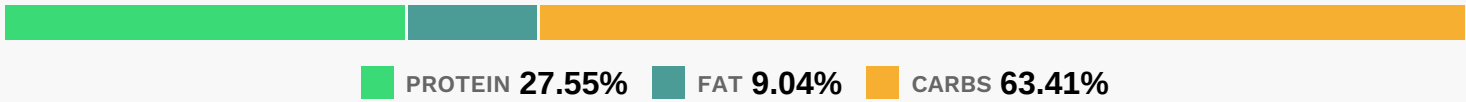
Directions



Steam greens, until tender.

Remove and, while hot, toss with the oyster sauce and red chilli.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.37, Inflammation Score:-10, Nutrition Score:17.900869524997%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 6.49mg, Kaempferol: 6.49mg, Kaempferol: 6.49mg, Kaempferol: 6.49mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 33.18kcal (1.66%), Fat: 0.39g (0.61%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 4.5g (1.64%), Sugar: 2.37g (2.63%), Cholesterol: 0mg (0%), Sodium: 589.91mg (25.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.41%), Vitamin A: 6809.IIU (136.18%), Vitamin C: 83.68mg (101.44%), Vitamin K: 69.82µg (66.5%), Folate: 104.29µg (26.07%), Vitamin B6: 0.35mg (17.54%), Calcium: 164.84mg (16.48%), Manganese: 0.27mg (13.45%), Potassium: 423.95mg (12.11%), Vitamin B2: 0.14mg (8.06%), Magnesium: 31.81mg (7.95%), Iron: 1.35mg (7.49%), Fiber: 1.72g (6.89%), Phosphorus: 64.3mg (6.43%), Vitamin B3: 1.15mg (5.77%), Vitamin B1: 0.07mg (4.66%), Copper: 0.07mg (3.62%), Selenium: 1.6µg (2.28%), Zinc: 0.33mg (2.2%), Vitamin B5: 0.16mg (1.57%), Vitamin E: 0.21mg (1.42%), Vitamin B12: 0.07µg (1.23%)