



Stir-Fried Lettuces with Crispy Shallots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



327 kcal

SIDE DISH

Ingredients

- ☐ 4 cups brown rice cooked
- ☐ 2 tablespoons garlic thinly sliced
- ☐ 1.5 tablespoons ginger minced peeled
- ☐ 6 cups lettuce coarsely chopped ()
- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup shallots thinly sliced
- ☐ 4 cups watercress trimmed cut into 2" pieces (2 bunches)

☐ 2 tablespoons vegetable oil

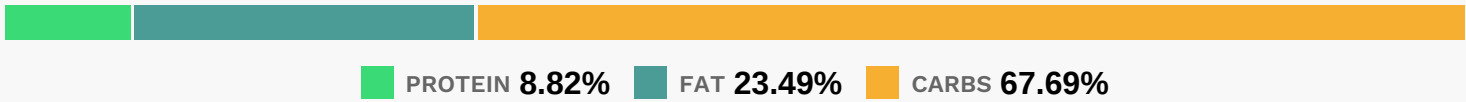
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Heat oil in a large nonstick skillet over lowheat.
- ☐ Add shallots; cook, stirring often, until golden brown, about 12 minutes.
- ☐ Remove with a slotted spoon to a paper towel-lined plate and season lightly with salt and pepper (shallots will crisp as they cool).
- ☐ Increase heat to medium; add sausage and next 3 ingredients to same skillet; stir for 2 minutes.
- ☐ Add 1/4 cup water; scrape up any browned bits. Increase heat to medium-high; add lettuce and watercress and cook, tossing often, just until wilted, 1–2 minutes. Season with salt and pepper.
- ☐ Sprinkle fried shallots over.
- ☐ Serve with brown rice.
- ☐ Per serving: 316 calories, 7 g fat, 54 g carbohydrates
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:55.8, Glycemic Load:24.45, Inflammation Score:-9, Nutrition Score:21.498260954152%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 8mg, Kaempferol: 8mg, Kaempferol: 8mg, Kaempferol: 8mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 11.8mg, Quercetin: 11.8mg, Quercetin: 11.8mg, Quercetin: 11.8mg

Nutrients (% of daily need)

Calories: 327.33kcal (16.37%), Fat: 8.69g (13.38%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 56.38g (18.79%), Net Carbohydrates: 50.25g (18.27%), Sugar: 4.62g (5.13%), Cholesterol: 0mg (0%), Sodium: 33.33mg (1.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.69%), Manganese: 2.53mg (126.56%), Vitamin K: 124.14µg (118.22%), Vitamin A: 1666.25IU (33.33%), Magnesium: 109.2mg (27.3%), Vitamin B6: 0.54mg (26.93%), Vitamin C: 21.39mg (25.93%), Fiber: 6.13g (24.51%), Phosphorus: 217.44mg (21.74%), Vitamin B1: 0.3mg (20.04%), Potassium: 548.01mg (15.66%), Vitamin B3: 2.92mg (14.58%), Folate: 52.7µg (13.17%), Copper: 0.26mg (12.88%), Iron: 2.02mg (11.2%), Vitamin B5: 1.09mg (10.86%), Zinc: 1.59mg (10.59%), Calcium: 99.2mg (9.92%), Vitamin E: 1.16mg (7.74%), Vitamin B2: 0.1mg (6.1%), Selenium: 1.39µg (1.98%)