



Stir-Fried Sesame Baby Bok Choy



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 1 pound baby bok choy
- ☐ 1 piece ginger fresh minced peeled
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon rice wine dry chinese
- ☐ 2 teaspoons sesame oil
- ☐ 1.5 tablespoons soya sauce
- ☐ 0.5 teaspoon sugar
- ☐ 1 tablespoon vegetable oil

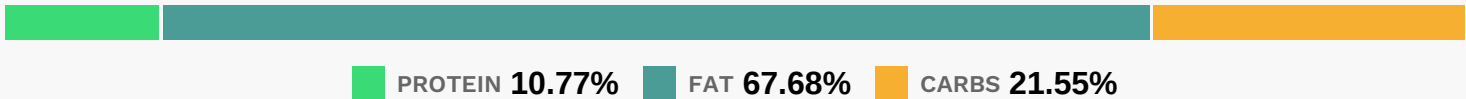
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Trim and discard the rough bottoms from the baby bok choy. Separate the leaves, rinse, and pat dry.
- ☐ In a small bowl, combine the soy sauce, rice wine, and sugar. Set aside.
- ☐ Heat a wok or large skillet over medium-high heat until a bead of water sizzles and evaporates on contact.
- ☐ Add the peanut oil and swirl to coat the bottom and sides.
- ☐ Add the garlic and ginger and stir-fry until aromatic, 20 to 30 seconds.
- ☐ Add the bok choy and stir-fry for about 2 minutes, until crisp-tender.
- ☐ Add the soy sauce mixture and cook for another 30 seconds. Turn off the heat, and drizzle with sesame oil.
- ☐ Transfer to a serving plate and serve hot.
- ☐ Reprinted with permission from The Chinese Takeout Cookbook by Diana Kuan, © 2012 Ballantine Books
- ☐ Diana Kuan, is a food writer and cooking instructor who has taught Chinese cooking in Beijing and New York. Her writing on food and travel has appeared in The Boston Globe, Gourmet, Food & Wine, and Time Out New York, among other publications. She has appeared on the CBS Early Show and other broadcast media. She is the author of the blog www.appetiteforchina.com, which has more than 6.5 million page views, and teaches Chinese cooking at Whole Foods and the Institute for Culinary Education (ICE) in New York, where she currently resides.

Nutrition Facts



Properties

Glycemic Index:32.52, Glycemic Load:0.51, Inflammation Score:-10, Nutrition Score:8.9147826666417%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 76kcal (3.8%), Fat: 5.43g (8.35%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 2.65g (0.96%), Sugar: 1.78g (1.98%), Cholesterol: 0mg (0%), Sodium: 451.2mg (19.62%), Alcohol: 0.6g (100%), Alcohol %: 0.58% (100%), Protein: 1.94g (3.88%), Vitamin A: 5046.28IU (100.93%), Vitamin C: 51.35mg (62.24%), Calcium: 127.92mg (12.79%), Vitamin K: 6.54µg (6.23%), Iron: 1mg (5.58%), Fiber: 1.24g (4.95%), Manganese: 0.05mg (2.51%), Vitamin E: 0.31mg (2.08%), Vitamin B3: 0.29mg (1.43%), Vitamin B6: 0.03mg (1.28%), Phosphorus: 10.74mg (1.07%)