Sesame Ginger Broccoli

4

15 mins

30 mins

Prep Time Total Time

Meal Type Contributed By Side

Servings

Source





Ingredients

Directions

Prep

- 1 Tbs sesame oil
- 1tsp ginger, grated
- 2 tsp soy sauce (we love Bragg's liquid aminos)

• 6 cup broccoli florets, chopped and steamed

• 2 tsp sesame seeds

- 1. Wash and chop broccoli into bite-sized pieces.
- 2. Steam broccoli.
- 3. Grate ginger.

Make

- 1. Warm sesame oil, ginger, and soy sauce in a large sauté pan until ginger starts to sizzle.
- 2. Add broccoli cook over medium heat for 3-5 minutes.
- 3. Season with additional soy sauce if desired.

Notes

Steaming the broccoli ahead - batch cooking - saves lots of time and prevents the ginger from burning. This is an excellent recipe for any leftover steamed vegetable.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	
Nutrition		Total Fat 4.7g	7%	Total Carbohydrates 9g	3%	* The percent Daily Value
Facts		Saturated Fat 0.8g	3%	Dietary Fiber 4g	14%	(DV) tells your how much a nutrient in a serving of food contributes to ta daily diet. 2,000 calories a day is used for general nutrition advice.
acts		Trans Fat 0.0g		Total Sugars 2g		
Calories	87	Cholesterol Omg	0%			
per serving		Sodium 213mg	9%	Protein 4g		

- Show all nutrients -

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