

# Braised Bok Choy

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/bok-choy-jamaican-recipe>

## Ingredients:

- 1 cup 99% fat-free chicken broth
- 1 1/2 tablespoons unsalted butter
- 1 clove garlic minced
- 3/4 pound bok choy trimmed and chopped, leaves only- 6 to 8 cups
- 1/2 teaspoon dark sesame oil
- 1/4 teaspoon red pepper flakes

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 10 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 3 grams
8. Sodium: 300 milligrams
9. Sugar: 1 grams

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