

Bean Sprout Stir Fry

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/sprout-beans-chinese-recipe>

Ingredients:

- 1 pound bean sprouts
- 2 tablespoons peanut oil
- 4 cloves garlic finely chopped
- 2 green onions sliced
- 1 teaspoon salt
- 1 teaspoon brown sugar or sugar
- 1/4 teaspoon white pepper
- 2 teaspoons soy sauce
- 1/2 teaspoon dark soy sauce Optional
- 1 teaspoon toasted sesame oil

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 3 grams
3. Fat: 8 grams
4. Protein: 1 grams
5. SaturatedFat: 1.5 grams
6. Sodium: 780 milligrams
7. Sugar: 1 grams

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