

Simple Chinese Greens

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-mixed-greens-recipe>

Ingredients:

- 1/2 cup chicken broth
- 2 tablespoons mirin or other rice wine
- 1/4 teaspoon white pepper
- salt to taste
- 1 tablespoon arrowroot starch
- 1 tablespoon cold water
- 1 pound greens whole leafy chinese, choy sum, kai-lan, or bok choy
- 1 tablespoon coconut oil
- 1 ginger peeled and grated
- 4 cloves garlic coarsely chopped

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 12 grams
3. Fat: 4 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. SaturatedFat: 3 grams
7. Sodium: 450 milligrams
8. Sugar: 2 grams

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