

Wood Ear Stir-Fry with Celtuce Stem and Yam

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-pickled-celtuce-recipe>

Ingredients:

- 1 handful water dried wood ear soaked in clean, at least 30 minutes
- 2 cloves garlic dotted
- 2 chili peppers fresh long, cut into small sections, some green and some red
- 1 teaspoon salt
- 1 tablespoon cooking oil
- 1 celtuce small section of, stem sliced
- 1 Chinese yam small section of, peeled and sliced

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 5 milligrams
4. Fat: 5 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 710 milligrams

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