

# Spicy Stir-Fried Broccoli Stems

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/keto-chinese-shrimp-and-broccoli-recipe>

## Ingredients:

- 1 pound broccoli stems about 8 thick stems
- 1 tablespoon oil I used peanut oil but grapeseed oil would also be good
- 1 tablespoon minced garlic
- 1/4 cup green onion diagonally sliced, for garnish, optional
- 1 tablespoon soy sauce I used low sodium soy sauce
- 2 teaspoons hoisin sauce
- 2 teaspoons chili garlic sauce
- 1 tablespoon splenda Stevia granulated sweetener, or sugar

## Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 3 grams
3. Fat: 3.5 grams
4. Protein: 1 grams
5. Sodium: 310 milligrams
6. Sugar: 2 grams

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