

Stir Fried Pea Shoots with Garlic

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/pea-vine-recipe-chinese>

Ingredients:

- 5 cups pea shoots we get a bag from the local Asian supermarket
- 3 cloves garlic thinly sliced, or more, depending on your preference
- 2 tablespoons cooking oil
- 1/2 teaspoon salt or to taste
- 1 teaspoon chicken bouillon powder, affiliate link

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 11 grams
3. Fat: 7 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. Sodium: 300 milligrams
7. Sugar: 5 grams

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