

Broccoli Mushroom Bean Sprouts Stir Fry

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-pork-sprout-recipe>

Ingredients:

- 1 broccoli Small, cut into small florets
- 1 cup bean sprouts
- 1 cup baby bella mushrooms cleaned and chopped, you can use any type of mushrooms you prefer
- green bell pepper cut into thin stripes
- 5 garlic cloves
- 1 tablespoon olive oil
- 2 tablespoons soya sauce Low Sodium
- 1 tablespoon red chili flakes adjust according to your preference
- 1/2 teaspoon salt

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 14 grams
3. Fat: 3.5 grams
4. Fiber: 5 grams
5. Protein: 6 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 800 milligrams
8. Sugar: 4 grams

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