

Stir Fry Luffa (Si Gua, Silk Melon)

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/luffa-gourd-chinese-recipe>

Ingredients:

- 2 tablespoons vegetable oil
- 4 cloves garlic minced
- 2 tablespoons dried shrimp
- 1 pound gourd luffa, peeled and cut in to chunks, see how to prepare luffa
- 1 tablespoon water
- salt to taste

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 1 grams
3. Fat: 7 grams
4. Sodium: 190 milligrams

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