

Stir-Fried Lettuce

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 14 ounces romaine lettuce hearts about 2
- 1 tablespoon vegetable oil mild
- 1 tablespoon minced garlic
- 1 tablespoon soy sauce
- 1/2 teaspoon granulated sugar
- 1 teaspoon sesame oil
- 1/2 teaspoon toasted sesame seeds

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 5 grams
3. Fat: 4.5 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. Sodium: 230 milligrams
7. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Stir-Fried Lettuce above. You can see more 15 romaine chinese recipe They're simply irresistible! to get more great cooking ideas.