

# Stir Fry Sweet Potato Leaves

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-potato-leaves-chinese-recipe>

## Ingredients:

- 1 bunch sweet potato leaves
- 1 tablespoon cooking oil
- 5 cloves garlic smashed
- salt as desired
- 1 teaspoon fermented bean curd optional

## Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 3 grams
3. Fat: 3.5 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. Sodium: 300 milligrams
7. Sugar: 1 grams

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