

Baby Bok Choy with Yellow Bell Peppers

Yield: 5 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/baby-bok-choy-indian-recipe>

Ingredients:

- 1 tablespoon grapeseed oil or canola oil
- 1 tablespoon toasted sesame oil
- 2 yellow bell peppers large, stem and seed pod removed and discarded, sliced, about 2 cups sliced
- 4 green onions chopped, including green parts that are not dried out
- 1 pound baby bok choy bottom root ball cut off and discarded, rinsed thoroughly, torn into smaller pieces

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 6 grams
3. Fat: 5 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 60 milligrams
8. Sugar: 1 grams

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