

Yam Leaves, Stir-Fried Sweet Potato Leaves

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 1 pound yam leaves
- 3 tablespoons vegetable oil
- 3 cloves garlic smashed and chopped
- 2 slices ginger julienned
- 1 teaspoon sesame oil
- 1 teaspoon Shaoxing wine optional
- 1/4 teaspoon ground white pepper
- 2 tablespoons water
- salt to taste
- 1 pinch sugar
- 1 pound yam leaves
- 3 tablespoons vegetable oil
- 3 cloves garlic smashed and chopped
- 2 slices ginger julienned
- 1 teaspoon sesame oil
- 1 teaspoon Shaoxing wine optional
- 1/4 teaspoon ground white pepper
- 2 tablespoons water
- salt to taste
- 1/8 teaspoon sugar

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 12 grams
3. Fat: 23 grams
4. Fiber: 5 grams
5. Protein: 5 grams

6. SaturatedFat: 1.5 grams
 7. Sodium: 870 milligrams
 8. Sugar: 3 grams
 9. TransFat: 0.5 grams
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