

Aarsi's Tofu Curry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pinch asafoetida powder
- 4 bay leaves
- 15 ounce canned tomatoes diced canned
- 1 teaspoon chile powder red
- 2 indian chilies green halved
- 16 ounce medium-firm tofu cubed
- 1 tablespoon garam masala
- 2 cups peas green

- 2 tablespoons ground coriander
- 1 teaspoon ground turmeric
- 1 large onion red minced
- 4 servings salt to taste
- 2 cups water

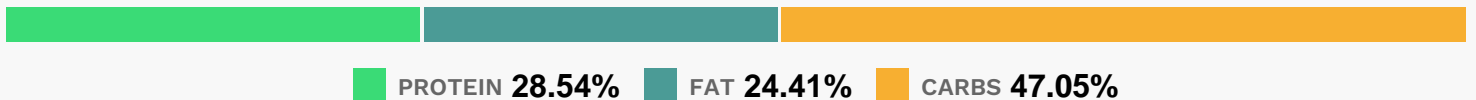
Equipment

- pressure cooker

Directions

- Heat olive oil in the pressure cooker over medium heat; cook and stir red onion, green chilies, bay leaves, turmeric, asafoetida powder, and salt until onions are translucent, about 10 minutes.
- Add tomatoes, coriander, garam masala, and chile powder; mix well.
- Place lid on pressure cooker; cook until onions are tender and spices are fragrant, 8 to 10 minutes.
- Remove the lid; add water. Return lid and bring mixture to a boil.
- Remove the lid; add peas and tofu; stir to combine. Lock the lid onto the pressure cooker; bring up to 'one whistle' pressure over medium heat. Reduce heat to low to maintain pressure, and cook until tofu is cooked through and onions are tender, about 20 minutes.
- Remove from heat, release pressure, and let stand for 30 minutes to allow flavors to blend.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:5.81, Inflammation Score:-10, Nutrition Score:16.89565210757%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol:

0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 221.67kcal (11.08%), Fat: 6.36g (9.78%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 27.59g (9.2%), Net Carbohydrates: 17.7g (6.44%), Sugar: 11.12g (12.35%), Cholesterol: 0mg (0%), Sodium: 434.46mg (18.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.73g (33.46%), Vitamin C: 44.28mg (53.67%), Fiber: 9.88g (39.54%), Manganese: 0.67mg (33.54%), Iron: 4.66mg (25.9%), Vitamin K: 24.39µg (23.23%), Calcium: 228.84mg (22.88%), Vitamin B1: 0.29mg (19.57%), Copper: 0.39mg (19.3%), Vitamin A: 938.83IU (18.78%), Vitamin B6: 0.34mg (16.86%), Potassium: 584.82mg (16.71%), Folate: 66.75µg (16.69%), Vitamin B3: 2.99mg (14.95%), Magnesium: 59.55mg (14.89%), Phosphorus: 133.77mg (13.38%), Vitamin E: 1.64mg (10.93%), Vitamin B2: 0.17mg (10.13%), Zinc: 1.42mg (9.44%), Selenium: 2.89µg (4.12%), Vitamin B5: 0.41mg (4.09%)