



HEALTH SCORE

56%

Asian Vegetable Stir-Fry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 1 teaspoon sesame oil dark
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 1 cup brown rice instant uncooked
- ☐ 0.3 cup soya sauce low-sodium divided
- ☐ 1 tablespoon rice vinegar
- ☐ 4.5 cups stir-fry vegetables fresh assorted cut

- ☐ 10.5 ounce spicy tofu firm drained cut into 1-inch cubes
- ☐ 1 cup water
- ☐ 1 tablespoon water

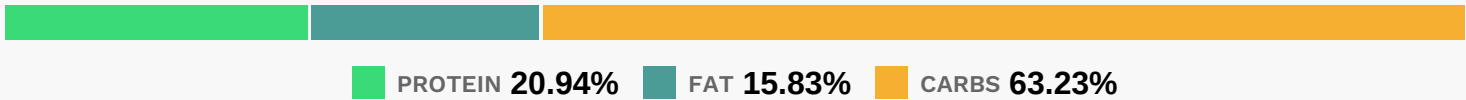
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook rice in 1 cup water according to package directions to yield 2 cups cooked rice.
- ☐ Sprinkle 1 tablespoon soy sauce over tofu; set aside.
- ☐ Combine cornstarch and water in a small bowl; stir until smooth.
- ☐ Add 1/4 cup soy sauce and vinegar.
- ☐ Heat sesame oil in a large nonstick skillet over medium-high heat.
- ☐ Add garlic and ginger; saut 30 seconds.
- ☐ Add vegetables; stir-fry 3 minutes. Stir cornstarch mixture, and add to pan. Stir-fry 3 minutes or until vegetables are crisp-tender and sauce is thick.
- ☐ Add tofu mixture; cook until thoroughly heated.
- ☐ Serve over rice.
- ☐ carbo rating: 28

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:9.05, Inflammation Score:-10, Nutrition Score:19.291304362857%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 304.55kcal (15.23%), Fat: 5.61g (8.62%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 50.36g (16.79%),
Net Carbohydrates: 40.99g (14.9%), Sugar: 0.35g (0.39%), Cholesterol: 0mg (0%), Sodium: 678.9mg (29.52%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.68g (33.37%), Vitamin A: 10397.34IU (207.95%), Manganese:
0.81mg (40.48%), Fiber: 9.37g (37.5%), Folate: 125.67µg (31.42%), Vitamin B1: 0.46mg (30.57%), Vitamin C: 21.81mg
(26.44%), Iron: 4.45mg (24.72%), Vitamin B3: 4.27mg (21.35%), Phosphorus: 175.68mg (17.57%), Magnesium:
64.68mg (16.17%), Calcium: 158.76mg (15.88%), Potassium: 506.28mg (14.47%), Vitamin B6: 0.27mg (13.42%),
Selenium: 9.19µg (13.13%), Vitamin B2: 0.22mg (12.96%), Copper: 0.25mg (12.72%), Zinc: 1.38mg (9.22%), Vitamin B5:
0.49mg (4.89%)