



Barbecue Tofu Stir-Fry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup asian barbecue sauce
- ☐ 7 cups bok choy trimmed thinly sliced
- ☐ 1 cup d carrots shredded
- ☐ 3 cups rice long-grain hot cooked
- ☐ 15 ounce extra-firm tofu drained
- ☐ 4 ounce gourmet mushroom blend or) package pre mushrooms
- ☐ 2 teaspoons vegetable oil

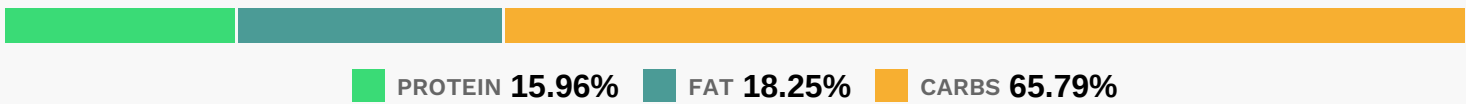
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ Wrap tofu in several layers of paper towels; place in a shallow dish.
- ☐ Place a weight over tofu.
- ☐ Let stand 10 minutes.
- ☐ Cut tofu into cubes.
- ☐ Heat a wok or large skillet over high heat until hot; add oil.
- ☐ Add tofu; stir-fry 2 minutes or until lightly browned.
- ☐ Remove from pan using a slotted spoon; set aside.
- ☐ Add bok choy, mushrooms, and carrots to pan; stir-fry 2 minutes. Return tofu to pan; add barbecue sauce. Stir-fry 30 seconds or until thoroughly heated.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:50.71, Glycemic Load:37.51, Inflammation Score:-10, Nutrition Score:23.007391400959%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 5.38mg, Kaempferol: 5.38mg, Kaempferol: 5.38mg, Kaempferol: 5.38mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 394.16kcal (19.71%), Fat: 8.06g (12.4%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 65.37g (21.79%), Net Carbohydrates: 60.73g (22.08%), Sugar: 21.82g (24.24%), Cholesterol: 0mg (0%), Sodium: 662.03mg (28.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.86g (31.72%), Vitamin A: 10939.34IU (218.79%), Vitamin C:

57.33mg (69.5%), Vitamin K: 65.06µg (61.97%), Manganese: 0.93mg (46.63%), Calcium: 302.19mg (30.22%), Vitamin B6: 0.52mg (25.76%), Folate: 95.24µg (23.81%), Potassium: 663.17mg (18.95%), Fiber: 4.64g (18.55%), Iron: 3.05mg (16.94%), Selenium: 11.85µg (16.92%), Phosphorus: 149.96mg (15%), Vitamin B3: 2.82mg (14.1%), Magnesium: 53.98mg (13.49%), Vitamin B2: 0.21mg (12.43%), Vitamin B5: 1.17mg (11.7%), Copper: 0.2mg (10.04%), Zinc: 1.27mg (8.49%), Vitamin B1: 0.11mg (7.36%), Vitamin E: 0.98mg (6.55%)