



 **54%**
HEALTH SCORE

Bok Choy and Baked Tofu Stir-Fry in Ginger-Citrus Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



212 kcal

SIDE DISH

Ingredients

- 2 teaspoons agave nectar to taste (or natural sweetener)
- 1.5 pounds baby bok choy (5)
- 1 large carrots cut into matchsticks
- 2 teaspoons cornstarch
- 0.3 teaspoon sesame oil dark
- 14 ounce tofu pressed (or 8 ounces packaged baked tofu)
- 3 cloves garlic minced

- 1 tablespoon ginger minced
- 6 ounces mushrooms sliced
- 0.5 cup orange juice fresh
- 1 tablespoon rice vinegar
- 2 tablespoons soy sauce gluten-free low sodium
- 1 cup water chestnuts fresh canned peeled drained (from water chestnuts or ,)

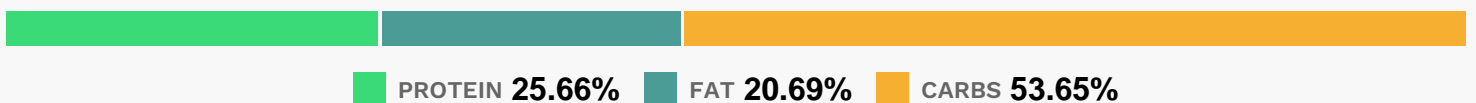
Equipment

- bowl
- frying pan
- wok

Directions

- Cut the bottom, whitish part of the stalk into 1/2-inch slices. Set them aside and slice the green leaves thinly and place on a separate plate.
- Cut the tofu into slices or cubes.
- Combine the orange juice, soy sauce, agave, rice vinegar, sesame oil, and cornstarch in a small bowl.
- Heat a large wok or deep skillet. Quickly spray with canola oil, if necessary, and add the bok choy stalks, carrot, and ginger. Cook for 2-3 minutes.
- Add water chestnuts, garlic, and mushrooms and continue to cook until mushrooms begin to soften, about 2 more minutes. Stir in the bok choy greens, place the tofu on top, and cover tightly. Steam briefly until greens are wilted and bright green, about 1-2 minutes. Stir the orange juice mixture, add it to the skillet, and bring to a boil. Simmer until slightly thickened, about 30 seconds.
- Serve with rice or other grain.

Nutrition Facts



Properties

Glycemic Index:63.96, Glycemic Load:3.57, Inflammation Score:-10, Nutrition Score:17.823913039073%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 211.77kcal (10.59%), Fat: 4.99g (7.67%), Saturated Fat: 0.59g (3.68%), Carbohydrates: 29.1g (9.7%), Net Carbohydrates: 23.26g (8.46%), Sugar: 11.96g (13.29%), Cholesterol: 0mg (0%), Sodium: 425.15mg (18.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.92g (27.83%), Vitamin A: 10638.6IU (212.77%), Vitamin C: 96.77mg (117.29%), Calcium: 332.21mg (33.22%), Fiber: 5.85g (23.39%), Iron: 3.68mg (20.44%), Vitamin B2: 0.24mg (14.28%), Vitamin B6: 0.28mg (13.84%), Copper: 0.26mg (13.04%), Vitamin B3: 2.31mg (11.54%), Potassium: 403.54mg (11.53%), Manganese: 0.22mg (10.98%), Vitamin B5: 0.91mg (9.12%), Phosphorus: 82.75mg (8.27%), Folate: 30.31µg (7.58%), Selenium: 5.13µg (7.33%), Vitamin B1: 0.1mg (6.54%), Magnesium: 20.87mg (5.22%), Zinc: 0.71mg (4.73%), Vitamin E: 0.67mg (4.45%), Vitamin K: 3.78µg (3.6%)