



Bok Choy and Tofu Noodle Bowl



Vegetarian



Vegan



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb baby bok choy separated
- ☐ 1 tablespoon ginger fresh minced
- ☐ 4 spring onion trimmed sliced
- ☐ 2 tablespoons soy sauce reduced-sodium
- ☐ 1 tablespoon sesame oil toasted
- ☐ 14 oz tofu firm
- ☐ 7 oz udon noodles fresh
- ☐ 1 cup vegetable stock

☐ 2 tablespoons vegetable oil divided

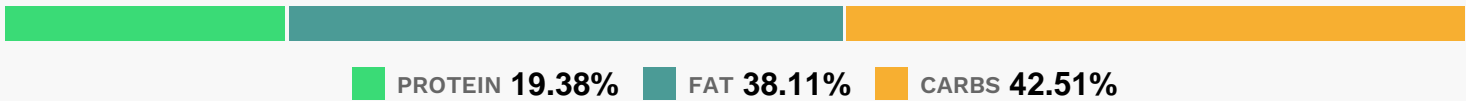
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook noodles as package directs.
- ☐ Drain and divide among 4 bowls. Meanwhile, combine soy sauce, sesame oil, and broth and set aside.
- ☐ Cut tofu lengthwise into 3 pieces.
- ☐ Cut crosswise into 1/2-in. sticks and blot dry.
- ☐ Heat 1 tbsp. vegetable oil in a large frying pan over high heat. Brown tofu (don't stir), 4 minutes; brown on other side. Set on noodles.
- ☐ Add remaining 1 tbsp. vegetable oil to same pan over medium-high heat. Cook ginger and garlic until fragrant, 30 seconds.
- ☐ Add bok choy and cook until wilted, 5 minutes.
- ☐ Add reserved broth mixture and cook until hot, about 1 minute. Spoon mixture over noodles and tofu and sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:41.08, Glycemic Load:18.36, Inflammation Score:-10, Nutrition Score:12.294347947058%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 373.04kcal (18.65%), Fat: 16.07g (24.72%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 40.33g (13.44%), Net Carbohydrates: 35.27g (12.83%), Sugar: 6.8g (7.55%), Cholesterol: 0mg (0%), Sodium: 1198.17mg (52.09%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.38g (36.76%), Vitamin A: 5290.99IU (105.82%), Vitamin C: 53.37mg (64.69%), Vitamin K: 37.82µg (36.02%), Calcium: 260.09mg (26.01%), Fiber: 5.06g (20.24%), Iron: 2.3mg (12.8%), Vitamin E: 0.71mg (4.72%), Manganese: 0.06mg (2.86%), Folate: 11.39µg (2.85%), Magnesium: 8.67mg (2.17%), Potassium: 68.54mg (1.96%), Phosphorus: 18.32mg (1.83%), Vitamin B2: 0.03mg (1.73%), Vitamin B6: 0.02mg (1.15%)