



 **13%**
HEALTH SCORE

Braised Bean Curds

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 150 grams bell pepper
- 150 grams bell pepper
- 0.5 teaspoon chicken bouillon
- 1 teaspoon cornstarch
- 2 servings vegetable oil
- 20 grams mushrooms dried black
- 20 grams mushrooms dried black
- 1 tablespoon oyster sauce

- 1 teaspoon rice wine
- 1 teaspoon rice wine
- 1 teaspoon rice wine
- 2 servings salt
- 1 stalk spring onion
- 3 drops sesame oil
- 0.5 tablespoon soya sauce dark
- 300 grams spicy tofu
- 1 tablespoon water
- 100 mls water
- 12 cloves garlic clove whole peeled

Equipment

- frying pan

Directions

- Cut the bean curd into rectangular pieces. Soak dried mushrooms in water until they soften. Squeeze off the excess water and shred. Save the soaking water. Shred the bell peppers.
- Heat up a skillet with oil until hot. Pan-fry the bean curd until golden brown. Remain a bit of oil in the same skillet to stir fry the minced garlic and mushrooms until aromatic.
- Add in shredded bell peppers and stir-fry briefly, then drizzle in rice wine, chicken bouillon, dark soya and oyster sauces.
- Pour in soaking liquid and bean curd pieces. Cover and simmer for 3–5 minutes. Stir in cornstarch mixed with a tablespoon of cold water. Increase the heat and cook until sauce has thickened.
- Add in scallion and the sesame oil, toss through and serve at once with steamed rice.

Nutrition Facts



PROTEIN 19.15% FAT 56.5% CARBS 24.35%

Properties

Glycemic Index:110, Glycemic Load:4.17, Inflammation Score:-9, Nutrition Score:21.923913043478%

Flavonoids

Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 356.36kcal (17.82%), Fat: 22.75g (35%), Saturated Fat: 3.22g (20.12%), Carbohydrates: 22.07g (7.36%), Net Carbohydrates: 16.91g (6.15%), Sugar: 7.55g (8.38%), Cholesterol: 0mg (0%), Sodium: 715.94mg (31.13%), Alcohol: 1.21g (6.71%), Protein: 17.35g (34.69%), Vitamin C: 199.17mg (241.42%), Vitamin A: 4757.94IU (95.16%), Vitamin K: 46.03µg (43.83%), Vitamin B6: 0.69mg (34.73%), Manganese: 0.52mg (25.81%), Calcium: 241.59mg (24.16%), Vitamin E: 3.59mg (23.9%), Fiber: 5.16g (20.62%), Folate: 78.95µg (19.74%), Iron: 3.08mg (17.11%), Vitamin B2: 0.25mg (14.74%), Potassium: 485.26mg (13.86%), Vitamin B3: 2.66mg (13.29%), Phosphorus: 94.41mg (9.44%), Vitamin B1: 0.14mg (9.34%), Vitamin B5: 0.91mg (9.05%), Copper: 0.18mg (8.89%), Selenium: 5.17µg (7.39%), Magnesium: 28.74mg (7.19%), Zinc: 0.75mg (4.98%)