



Braised Five-Spice Tofu



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons five-spice powder chinese
- ☐ 1 cup carrots diagonally sliced
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 pound extra-firm tofu firm drained cut into 1-inch cubes
- ☐ 3 garlic cloves minced
- ☐ 1 tablespoon gingerroot grated peeled
- ☐ 1 cup bell pepper diced green

- ☐ 2 cups green onions sliced 1-inch
- ☐ 2 tablespoons hoisin sauce
- ☐ 0.5 cup catsup
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 2 tablespoons blackstrap molasses
- ☐ 1 cup onion chopped
- ☐ 1 tablespoon orange rind grated
- ☐ 1 tablespoon rice vinegar
- ☐ 3 star anise
- ☐ 1 cup tomatoes chopped
- ☐ 1 cup sacramento tomato juice

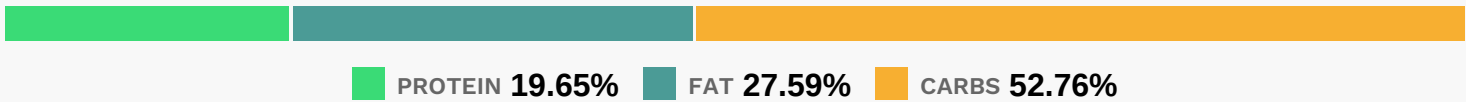
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 12 ingredients in a bowl; stir well, and set aside.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add tofu, and cook 6 minutes or until browned, turning occasionally.
- ☐ Add tomato juice mixture, green onions, and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until vegetables are crisp-tender. Discard star anise.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:87.29, Glycemic Load:7.66, Inflammation Score:-10, Nutrition Score:25.040434816609%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 15.59mg, Quercetin: 15.59mg, Quercetin: 15.59mg, Quercetin: 15.59mg

Nutrients (% of daily need)

Calories: 298.68kcal (14.93%), Fat: 9.73g (14.97%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 41.87g (13.96%), Net Carbohydrates: 35.61g (12.95%), Sugar: 24.95g (27.72%), Cholesterol: 0.24mg (0.08%), Sodium: 1029.7mg (44.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.59g (31.18%), Vitamin A: 6810.27IU (136.21%), Vitamin K: 116.7µg (111.14%), Vitamin C: 65.09mg (78.89%), Manganese: 0.69mg (34.49%), Potassium: 951.35mg (27.18%), Calcium: 268.97mg (26.9%), Iron: 4.76mg (26.47%), Vitamin B6: 0.5mg (25.23%), Fiber: 6.26g (25.05%), Magnesium: 80.09mg (20.02%), Folate: 79.75µg (19.94%), Copper: 0.29mg (14.36%), Vitamin B2: 0.23mg (13.3%), Phosphorus: 126.38mg (12.64%), Vitamin B3: 2.39mg (11.93%), Vitamin E: 1.71mg (11.39%), Vitamin B1: 0.16mg (10.76%), Zinc: 0.97mg (6.45%), Vitamin B5: 0.6mg (5.95%), Selenium: 3.48µg (4.98%)