



Braised Green Beans with Fried Tofu

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bamboo skewers drained sliced
- 0.5 cup chicken broth
- 2 tablespoons cornstarch
- 1 cup cooking wine dry white
- 12 ounces green beans fresh trimmed cut into 3 inch pieces
- 3 cups oil for frying or as needed
- 1 onion chopped
- 4 plum tomatoes sliced into thin wedges

- 4 servings salt and pepper to taste
- 3 tablespoons soya sauce
- 14 ounce spicy tofu drained
- 3 tablespoons water
- 2 tablespoons sugar white

Equipment

- bowl
- frying pan
- paper towels
- slotted spoon

Directions

- In a small bowl, stir together the white sugar, soy sauce, white wine and 1/2 cup of chicken broth. Set the sauce aside.
- Pat the tofu dry with paper towels, and cut into cubes. Season the cubes with salt and pepper.
- Sprinkle 1 tablespoon of cornstarch over them on all sides.
- Heat a little more than 1 inch of oil in a large deep skillet over medium-high heat. If you have a deep-fryer, fill to the recommended level, and heat the oil to 375 degrees F (190 degrees C). When the oil is hot, add the tofu, and fry until golden brown on all sides. Turn occasionally.
- Remove from the oil with a slotted spoon, and drain on paper towels.
- In a separate skillet, heat one tablespoon of oil over medium-high heat.
- Add the onions and green beans; cook and stir for 3 to 5 minutes. Season with salt and pepper. Stir in the tomatoes, and cook until they begin to break apart, about 4 minutes.
- Add the bamboo shoots, and stir to blend.
- Stir the sauce into the skillet with the beans, and bring to a boil. Cook for 5 minutes, stirring occasionally. If the liquid starts to evaporate too much, stir in up to 1 cup of chicken broth.
- Mix together the remaining 2 tablespoons of cornstarch and water until cornstarch is dissolved. Stir this into the sauce in the skillet. Simmer, stirring gently, until the sauce clears and thickens.

Add the fried tofu, and stir to coat with the sauce.

Nutrition Facts

PROTEIN 10.68% **FAT 68.43%** **CARBS 20.89%**

Properties

Glycemic Index:64.52, Glycemic Load:7.83, Inflammation Score:-8, Nutrition Score:14.956086831572%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg

Nutrients (% of daily need)

Calories: 533.47kcal (26.67%), Fat: 38.55g (59.31%), Saturated Fat: 3.08g (19.26%), Carbohydrates: 26.47g (8.82%), Net Carbohydrates: 21.5g (7.82%), Sugar: 13.5g (15%), Cholesterol: 0.59mg (0.2%), Sodium: 1076.78mg (46.82%), Alcohol: 6.18g (100%), Alcohol %: 1.3% (100%), Protein: 13.54g (27.09%), Vitamin K: 65.78µg (62.64%), Vitamin E: 6.82mg (45.46%), Vitamin C: 21.32mg (25.84%), Manganese: 0.5mg (25.15%), Vitamin A: 1109.34IU (22.19%), Fiber: 4.97g (19.9%), Calcium: 180.91mg (18.09%), Iron: 2.94mg (16.33%), Vitamin B6: 0.31mg (15.54%), Potassium: 473.53mg (13.53%), Folate: 46.75µg (11.69%), Magnesium: 44.27mg (11.07%), Vitamin B2: 0.17mg (9.73%), Phosphorus: 94.66mg (9.47%), Copper: 0.18mg (8.92%), Vitamin B1: 0.13mg (8.82%), Vitamin B3: 1.74mg (8.7%), Zinc: 0.76mg (5.05%), Vitamin B5: 0.4mg (3.95%), Selenium: 1.27µg (1.82%)