



## Broccoli Slaw Stirfry with Tofu

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



3

CALORIES



154 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 ounce broccoli slaw
- 14 ounces extra tofu cut into small cubes
- 2 cloves garlic
- 1 medium onion
- 0.5 bell pepper red
- 0.1 teaspoon pepper red to taste (or )
- 0.3 cup apple juice dry for non-alcoholic substitute, try 3 tablespoons apple juice and 1 tablespoon vinegar (may substitute pale sherry, vermouth, white wine or cider; )
- 0.5 teaspoon sesame oil

- 2 tablespoons soya sauce
- 1 tablespoon soya sauce to taste
- 2 tablespoons water

## Equipment

- bowl
- frying pan
- wok

## Directions

- Combine the tofu, sliced garlic, rice wine, and 2 tablespoons soy sauce in a gallon-sized ziplock bag. Seal bag and turn gently to coat the tofu with the marinade. (You can also do this in a large bowl, carefully stirring the tofu to coat.) Set aside as you chop the vegetables and heat the skillet. Begin heating a large, non-stick skillet or wok over medium-high heat (make sure you have a lid for this pan nearby). While the pan is heating, remove the root and stem ends from the onion, cut it in half top to bottom, and cut each half into thin vertical slices. Slice the bell pepper thinly, and mince the garlic and ginger. When the pan is hot, drain the tofu, keeping the marinade in a large bowl.
- Place the tofu in the skillet and cook, turning every minute or so, until it's beginning to brown on most sides, about 6 minutes.
- Transfer the tofu to the large bowl with the marinade, stir gently, and cover with a plate.
- Add the onion to the hot pan and cook for about 2 minutes.
- Add the bell pepper, garlic, ginger, and pepper flakes and cook for another minute.
- Add the broccoli slaw and two tablespoons of water and cover quickly. Steam for 2-3 minutes or until slaw is slightly tender but still crisp.
- Add the tofu and marinade to the skillet along with the sesame oil and additional soy sauce, and stir well.
- Heat for just a minute or two and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:53.25, Glycemic Load:2.26, Inflammation Score:-9, Nutrition Score:16.292173903921%

## Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

## Nutrients (% of daily need)

Calories: 153.75kcal (7.69%), Fat: 3.74g (5.75%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 15.82g (5.75%), Sugar: 6.02g (6.69%), Cholesterol: 0mg (0%), Sodium: 1124.74mg (48.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.82g (31.64%), Vitamin C: 134.6mg (163.15%), Phosphorus: 251.09mg (25.11%), Folate: 99.93µg (24.98%), Manganese: 0.47mg (23.46%), Vitamin A: 1100.4IU (22.01%), Potassium: 736.34mg (21.04%), Magnesium: 79.07mg (19.77%), Copper: 0.37mg (18.42%), Vitamin B6: 0.36mg (18.14%), Iron: 3.24mg (17.98%), Vitamin B1: 0.22mg (15%), Vitamin B2: 0.24mg (14.15%), Calcium: 114.71mg (11.47%), Vitamin B3: 2.02mg (10.11%), Zinc: 1.47mg (9.79%), Vitamin B5: 0.81mg (8.05%), Selenium: 4.07µg (5.82%), Fiber: 1.43g (5.71%), Vitamin E: 0.37mg (2.44%), Vitamin K: 1.33µg (1.27%)