



Buddha's Delight



Gluten Free



Dairy Free



Very Healthy

READY IN



34 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce baby cocktail corn whole rinsed drained canned
- ☐ 3.5 ounce boil-in-bag brown rice
- ☐ 1.5 cups carrots sliced (4 carrots)
- ☐ 1 tablespoon cornstarch
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 tablespoon olive oil

- ☐ 1 cup snow peas trimmed
- ☐ 0.8 cup vegetable broth organic (such as Swanson Certified)
- ☐ 14 ounce water-packed extrafirm tofu drained cut into 1-inch cubes

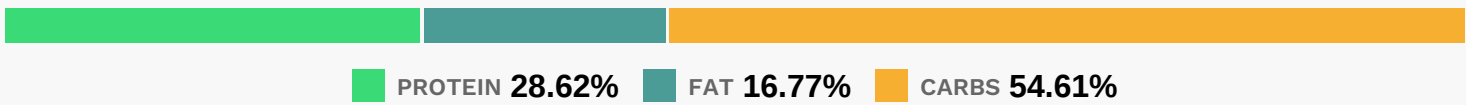
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook brown rice according to package directions.
- ☐ Drain; keep warm.
- ☐ While rice cooks, stir together broth and next 4 ingredients in a small bowl. Set aside.
- ☐ Heat a large nonstick skillet over medium-high heat; add oil.
- ☐ Add tofu, and cook 10 minutes or until golden on all sides, turning occasionally.
- ☐ Remove from pan, and set aside.
- ☐ Add carrot, baby corn, and snow peas to pan; saut 3 minutes or until vegetables just begin to soften.
- ☐ Stir in broth mixture. Cook 2 minutes, stirring constantly. Stir in reserved tofu.
- ☐ Serve immediately over rice.

Nutrition Facts



Properties

Glycemic Index:62.77, Glycemic Load:22.78, Inflammation Score:-10, Nutrition Score:29.516521992891%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 352.68kcal (17.63%), Fat: 6.79g (10.45%), Saturated Fat: 1.06g (6.66%), Carbohydrates: 49.75g (16.58%), Net Carbohydrates: 44.42g (16.15%), Sugar: 8.21g (9.12%), Cholesterol: 35.72mg (11.91%), Sodium: 718.27mg (31.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.07g (52.14%), Vitamin A: 8696.7IU (173.93%), Selenium: 68.01µg (97.15%), Vitamin B3: 13.31mg (66.55%), Manganese: 1.3mg (65.19%), Vitamin B12: 2.55µg (42.5%), Vitamin B6: 0.72mg (36.01%), Phosphorus: 323.79mg (32.38%), Vitamin C: 23.51mg (28.49%), Magnesium: 102.12mg (25.53%), Fiber: 5.33g (21.33%), Potassium: 698.44mg (19.96%), Vitamin B1: 0.3mg (19.96%), Iron: 3.37mg (18.73%), Vitamin B5: 1.65mg (16.54%), Vitamin K: 15.19µg (14.47%), Folate: 54.84µg (13.71%), Zinc: 2.04mg (13.58%), Vitamin B2: 0.22mg (12.78%), Copper: 0.22mg (10.88%), Vitamin E: 1.37mg (9.13%), Vitamin D: 1.19µg (7.94%), Calcium: 60.75mg (6.07%)