



Buddha's Delight with Tofu, Broccoli, and Water Chestnuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



741 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce baby corns whole drained canned
- ☐ 0.5 cup broccoli stems peeled chopped
- ☐ 5 cups broccoli florets
- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 2 tablespoons canola oil
- ☐ 1.5 cups carrots diagonally sliced ()
- ☐ 1 tablespoon cornstarch

- ☐ 1 tablespoon sesame oil dark
- ☐ 14 ounce water-packed extra-firm tofu drained cut into 1-inch cubes
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 2 garlic cloves minced
- ☐ 1.5 cups green onions sliced
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 1 tablespoon rice vinegar
- ☐ 0.5 teaspoon salt
- ☐ 4 cups short-grain rice hot cooked
- ☐ 1 cup snow peas trimmed
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup vegetable broth

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok
- ☐ colander

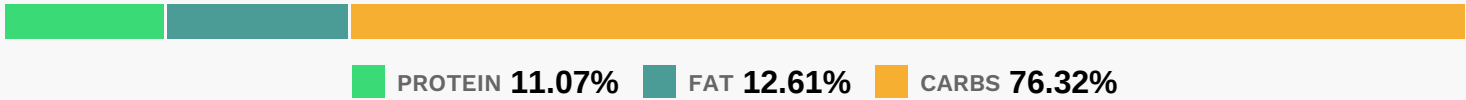
Directions

- ☐ Combine first 5 ingredients, tossing to coat; cover and marinate in refrigerator 1 hour.
- ☐ Drain in a colander over a bowl, reserving marinade.
- ☐ Cook broccoli florets, carrot, and broccoli stems in boiling water 1 1/2 minutes; drain. Plunge into ice water.
- ☐ Drain.
- ☐ Heat canola oil in a wok or large nonstick skillet over medium-high heat.
- ☐ Add tofu; stir-fry 5 minutes or until lightly browned on all sides. Stir in onions, ginger, and garlic; stir-fry 30 seconds. Stir in broccoli mixture, snow peas, corn, and water chestnuts; stir-

fry 1 minute.

- ☐
- Combine broth and cornstarch, stirring with a whisk.
- ☐
- Add cornstarch mixture, reserved marinade, and salt to pan; bring to a boil. Cook 2 1/2 minutes or until slightly thick, stirring constantly.
- ☐
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:81.74, Glycemic Load:93.47, Inflammation Score:-10, Nutrition Score:42.493913028551%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 6.94mg, Kaempferol: 6.94mg, Kaempferol: 6.94mg, Kaempferol: 6.94mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 740.93kcal (37.05%), Fat: 10.48g (16.13%), Saturated Fat: 1.33g (8.28%), Carbohydrates: 142.77g (47.59%), Net Carbohydrates: 131.66g (47.88%), Sugar: 10.18g (11.31%), Cholesterol: 0mg (0%), Sodium: 663.01mg (28.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.71g (41.42%), Vitamin K: 148.93µg (141.84%), Vitamin A: 6506.62IU (130.13%), Vitamin C: 95.34mg (115.56%), Folate: 411.63µg (102.91%), Manganese: 1.91mg (95.51%), Vitamin B1: 1mg (66.5%), Iron: 8.79mg (48.85%), Fiber: 11.11g (44.43%), Vitamin B3: 8.15mg (40.74%), Phosphorus: 354.57mg (35.46%), Vitamin B6: 0.68mg (33.96%), Selenium: 23.3µg (33.29%), Vitamin B5: 3.06mg (30.63%), Copper: 0.6mg (30.15%), Magnesium: 105.32mg (26.33%), Potassium: 920.99mg (26.31%), Zinc: 3.14mg (20.91%), Vitamin B2: 0.31mg (18.14%), Vitamin E: 2.3mg (15.34%), Calcium: 108.14mg (10.81%)