



HEALTH SCORE

59%

Cashew Broccoli and Tofu



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 cups broccoli florets



4 cups rice hot cooked



2 teaspoons cornstarch



1.5 tablespoons sesame oil dark divided



2 tablespoons ginger fresh minced peeled



0.3 cup soya sauce low-sodium divided



2 cups bell pepper red thinly sliced (2)



0.3 cup dry-roasted cashews unsalted chopped

- ☐ 15 ounce extrafirm tofu drained cut into 1/2-inch-thick strips
- ☐ 1 cup vegetable broth divided

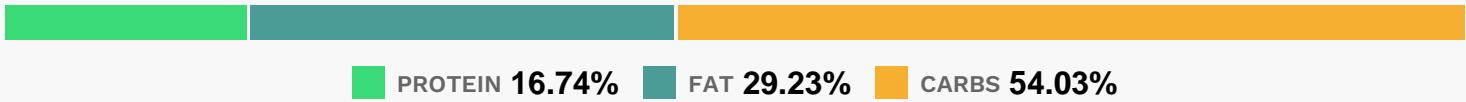
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Place tofu strips on several layers of paper towels; cover with additional paper towels, and press to remove moisture.
- ☐ Combine 1/2 cup broth, 2 tablespoons soy sauce, and cornstarch; set aside.
- ☐ Drizzle remaining 2 tablespoons soy sauce over tofu strips.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add tofu; cook 5 to 6 minutes or until browned, turning occasionally.
- ☐ Remove tofu from pan; keep warm.
- ☐ Heat remaining 1/2 tablespoon oil in same pan.
- ☐ Add broccoli, bell pepper, ginger, and, if desired, crushed red pepper. Cook 2 to 3 minutes, stirring constantly.
- ☐ Add remaining 1/2 cup broth; cover and simmer 2 to 3 minutes or until broccoli is crisp-tender.
- ☐ Add cornstarch mixture; cook 1 minute or until thickened. Gently stir tofu into vegetables.
- ☐ Serve over rice; sprinkle with cashews.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:50.31, Inflammation Score:-10, Nutrition Score:24.478695745053%

Flavonoids

Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 5.37mg, Kaempferol: 5.37mg, Kaempferol: 5.37mg, Kaempferol: 5.37mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 451.47kcal (22.57%), Fat: 14.89g (22.91%), Saturated Fat: 2.32g (14.48%), Carbohydrates: 61.96g (20.65%), Net Carbohydrates: 56.69g (20.61%), Sugar: 5.75g (6.39%), Cholesterol: 0mg (0%), Sodium: 842mg (36.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.19g (38.39%), Vitamin C: 156.41mg (189.59%), Vitamin K: 76.95µg (73.29%), Vitamin A: 2882.93IU (57.66%), Manganese: 1.12mg (55.97%), Vitamin B6: 0.54mg (26.81%), Folate: 95.31µg (23.83%), Selenium: 14.76µg (21.09%), Fiber: 5.27g (21.08%), Phosphorus: 202.09mg (20.21%), Calcium: 195.2mg (19.52%), Magnesium: 77.03mg (19.26%), Copper: 0.36mg (18.07%), Iron: 3.16mg (17.58%), Potassium: 547.2mg (15.63%), Vitamin B5: 1.41mg (14.06%), Vitamin E: 2mg (13.33%), Vitamin B2: 0.22mg (12.96%), Zinc: 1.86mg (12.39%), Vitamin B3: 2.13mg (10.63%), Vitamin B1: 0.14mg (9.64%)