




 **10%**  
HEALTH SCORE

# Chili Tofu


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




**40 min.**

SERVINGS



**2**

CALORIES



**381 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

## Ingredients

- 1 tablespoon chili sauce
- 4 tablespoons cornstarch
- 3 garlic clove
- 3 to 2 chilies slit green
- 2 servings cooking oil
- 2 medium onion
- 1 large bell pepper red (bell pepper)
- 0.5 teaspoon pepper white

- 2 servings salt
- 2 tablespoons soya sauce
- 200 g spicy tofu
- 0.5 cup vegetable stock

## Equipment

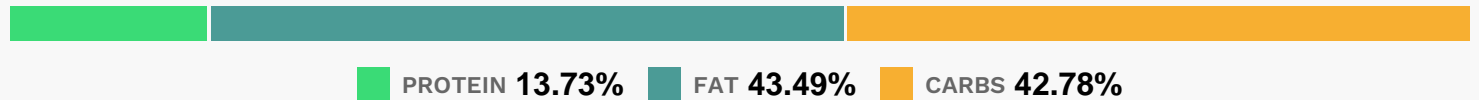
- wok

## Directions

- See How It's Made
- To start with, cut tofu into 1 inch diamond shaped pieces.
- Heat oil in a wok.
- Roll tofu pieces in cornflour.
- Now, deep fry them in hot oil on medium flame until the edges start to turn brown.
- Remove from wok, drain onto absorbent paper and keep aside.
- Blend 1 tbsp cornflour (this much will be leftover) in quarter cup of water.
- Keep aside.
- Peel onions and cut'em into thick slices.
- Peel, wash and crush garlic.
- Slice green chillies.
- Wash, halve, de-seed and cut capsicum into thick strips.
- Heat 2 tbsps.
- oil in a wok.
- Add garlic and stir-fry for a minute.
- Add green chillies, onions and capsicum.
- Saute for a few minutes.
- Add tofu.
- Stir in stock.
- Add salt, pepper powder, soy sauce and chilli sauce.

- Stir well.
- Stir in the blended cornflour.
- Cook on high flame, stirring until the sauce thickens to coat the tofu and vegetables.
- Serve rightaway with hot rotis or naan or parathas or even kulchas!
- Enjoy your meal!
- Submit a Correction

## Nutrition Facts



### Properties

Glycemic Index:82, Glycemic Load:4.41, Inflammation Score:-10, Nutrition Score:16.845217331596%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 22.6mg, Quercetin: 22.6mg, Quercetin: 22.6mg, Quercetin: 22.6mg

### Nutrients (% of daily need)

Calories: 381.09kcal (19.05%), Fat: 18.84g (28.98%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 41.7g (13.9%), Net Carbohydrates: 34.38g (12.5%), Sugar: 12.5g (13.89%), Cholesterol: 0mg (0%), Sodium: 1773.45mg (77.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.76%), Vitamin C: 123.91mg (150.19%), Vitamin A: 2746.16IU (54.92%), Fiber: 7.31g (29.25%), Vitamin E: 3.92mg (26.1%), Vitamin B6: 0.47mg (23.75%), Manganese: 0.43mg (21.46%), Calcium: 171.05mg (17.1%), Folate: 62.72µg (15.68%), Vitamin K: 14.91µg (14.2%), Iron: 2.5mg (13.87%), Potassium: 418.46mg (11.96%), Phosphorus: 90.36mg (9.04%), Vitamin B3: 1.79mg (8.97%), Vitamin B2: 0.14mg (8.09%), Vitamin B1: 0.12mg (8.09%), Magnesium: 31mg (7.75%), Copper: 0.12mg (5.85%), Vitamin B5: 0.49mg (4.9%), Zinc: 0.55mg (3.66%), Selenium: 1.96µg (2.8%)