



Chinese Mabo Tofu

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons bean sauce hot
- 1 teaspoon cornstarch
- 1 tablespoon ginger root fresh minced
- 1 tablespoon garlic minced
- 3 green onions chopped
- 0.5 pound ground pork
- 1 teaspoon sesame oil
- 5 tablespoons soya sauce

- 16 ounce spicy tofu firm cut into 1 inch pieces
- 1 tablespoon vegetable oil
- 1 tablespoon water
- 1 teaspoon sugar white

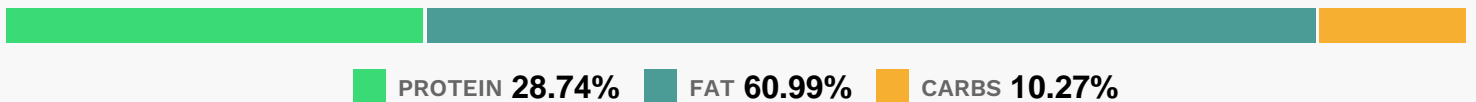
Equipment

- bowl
- frying pan

Directions

- Mix cornstarch and water in a small bowl. Brown ground pork in a small skillet over medium high heat, about 5 minutes.
- Drain fat.
- Heat the vegetable oil over medium-high heat in a large skillet. Cook the garlic and ginger root in the oil until fragrant, about 1 minute. Stir in tofu and cook for 2 minutes. Season with the soy sauce, hot bean sauce, and sugar; stir to combine. Stir in the cooked pork and green onion.
- Sprinkle with the cornstarch and water mixture; cook and stir until thickened, about 2 minutes. Stir the sesame oil into the thickened mabo tofu.

Nutrition Facts



Properties

Glycemic Index:44.27, Glycemic Load:1.48, Inflammation Score:-2, Nutrition Score:9.796086979949%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 319.29kcal (15.96%), Fat: 21.68g (33.36%), Saturated Fat: 5.7g (35.63%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 6.39g (2.32%), Sugar: 2.83g (3.14%), Cholesterol: 40.82mg (13.61%), Sodium: 1295.61mg (56.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.99g (45.97%), Vitamin B1: 0.44mg (29.18%), Vitamin K:

25.05µg (23.86%), Selenium: 14.5µg (20.71%), Vitamin B3: 3.42mg (17.11%), Calcium: 164.7mg (16.47%), Iron: 2.73mg (15.16%), Vitamin B6: 0.3mg (14.76%), Phosphorus: 135.52mg (13.55%), Vitamin B2: 0.18mg (10.45%), Zinc: 1.41mg (9.39%), Manganese: 0.17mg (8.5%), Fiber: 1.82g (7.3%), Potassium: 250.58mg (7.16%), Vitamin B12: 0.4µg (6.61%), Magnesium: 22.88mg (5.72%), Vitamin B5: 0.49mg (4.86%), Copper: 0.07mg (3.71%), Vitamin C: 2.8mg (3.39%), Folate: 12.9µg (3.22%), Vitamin E: 0.35mg (2.32%), Vitamin A: 93.88IU (1.88%)