



Chinese Microwaved Tofu with Minced Pork



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon carrots chopped
- ☐ 1 chile pepper chopped
- ☐ 1 teaspoon cornstarch
- ☐ 1 green onion chopped
- ☐ 1 dash ground pepper black
- ☐ 0.8 cup ground pork
- ☐ 1 dash pepper flakes red crushed
- ☐ 1 teaspoon sesame oil

- ☐ 1 teaspoon soya sauce
- ☐ 14 ounce spicy tofu drained
- ☐ 0.5 teaspoon sugar white

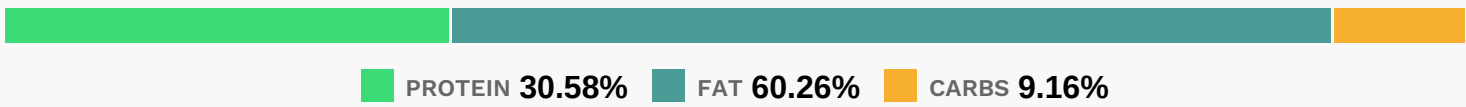
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ In a bowl, mix the ground pork with the soy sauce, sesame oil, sugar, cornstarch, black pepper, and red pepper flakes. Marinate at least 10 minutes.
- ☐ Place the tofu in a microwave-safe dish.
- ☐ Place the pork over the tofu. Discard any remaining marinade. Top with green onion, carrots, and chile pepper. Cover with microwave-safe plastic wrap.
- ☐ Cut a small slit in the plastic wrap to vent steam.
- ☐ Cook 5 minutes on High in the microwave, or until vegetables are tender and pork is cooked to desired doneness.

Nutrition Facts



Properties

Glycemic Index:127.96, Glycemic Load:2.24, Inflammation Score:-8, Nutrition Score:15.330434752547%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 430kcal (21.5%), Fat: 28.75g (44.24%), Saturated Fat: 7.93g (49.58%), Carbohydrates: 9.84g (3.28%), Net Carbohydrates: 7.48g (2.72%), Sugar: 3.34g (3.71%), Cholesterol: 60.75mg (20.25%), Sodium: 231.86mg (10.08%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.83g (65.67%), Vitamin B1: 0.64mg (42.93%), Vitamin C: 34.49mg (41.81%), Vitamin A: 1547.97IU (30.96%), Selenium: 20.98µg (29.98%), Calcium: 270.83mg (27.08%), Vitamin B6: 0.46mg (22.91%), Vitamin B3: 4.17mg (20.85%), Iron: 3.56mg (19.76%), Phosphorus: 166.44mg (16.64%), Vitamin K: 16.97µg (16.16%), Vitamin B2: 0.23mg (13.65%), Zinc: 1.97mg (13.15%), Potassium: 363.22mg (10.38%), Vitamin B12: 0.59µg (9.84%), Fiber: 2.35g (9.42%), Vitamin B5: 0.65mg (6.46%), Magnesium: 24.7mg (6.17%), Manganese: 0.09mg (4.68%), Copper: 0.08mg (4.06%), Folate: 15.22µg (3.81%), Vitamin E: 0.29mg (1.9%)