



Coconut Curried Tofu with Green Beans and Coconut Rice



Vegetarian



Gluten Free



Low Fod Map

READY IN



35 min.

SERVINGS



1

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon butter
- ☐ 0.3 cup coconut milk
- ☐ 0.3 teaspoon curry powder
- ☐ 1 cup green beans fresh rinsed trimmed
- ☐ 3 ounces spicy tofu firm cubed
- ☐ 0.5 cup water
- ☐ 0.5 cup rice white uncooked

Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Pour water, 1/2 cup coconut milk, and rice into a small saucepan. Bring to a boil over medium-high heat, then reduce heat to medium-low, cover, and simmer until the rice is tender, about 20 minutes.
- ☐ Meanwhile, melt the butter in a skillet over medium-high heat.
- ☐ Add the tofu and cook until golden-brown on all sides, about 5 minutes. When browned, stir in green beans, curry powder, and 1/4 cup of coconut milk. Simmer until the green beans are tender, then serve over rice.

Nutrition Facts



Properties

Glycemic Index:274.19, Glycemic Load:48.41, Inflammation Score:-7, Nutrition Score:18.211739097276%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 574.02kcal (28.7%), Fat: 18.74g (28.83%), Saturated Fat: 12.63g (78.94%), Carbohydrates: 85.46g (28.49%), Net Carbohydrates: 80.44g (29.25%), Sugar: 3.97g (4.41%), Cholesterol: 5.38mg (1.79%), Sodium: 44.22mg (1.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.4g (34.81%), Manganese: 1.7mg (84.97%), Vitamin K: 48.07µg (45.78%), Iron: 4.91mg (27.26%), Copper: 0.43mg (21.42%), Selenium: 14.74µg (21.05%), Phosphorus: 204.76mg (20.48%), Fiber: 5.02g (20.08%), Magnesium: 79.12mg (19.78%), Calcium: 189.62mg (18.96%), Vitamin C: 14.04mg (17.02%), Vitamin A: 826.41IU (16.53%), Vitamin B6: 0.33mg (16.42%), Potassium: 471.09mg (13.46%), Vitamin B3: 2.67mg (13.33%), Folate: 52.46µg (13.11%), Vitamin B5: 1.27mg (12.75%), Vitamin B1: 0.17mg (11.25%), Zinc: 1.62mg (10.82%), Vitamin B2: 0.16mg (9.53%), Vitamin E: 0.72mg (4.8%)