



## Coconut-Curry Tofu Stir-Fry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



39 min.

SERVINGS



4

CALORIES



304 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.7 cup rice uncooked
- 2 teaspoons sesame oil dark divided
- 14 ounce extra tofu firm
- 3 tablespoons ginger fresh minced peeled
- 2 garlic cloves minced
- 2 teaspoons curry paste green
- 6 green onions cut into 1-inch pieces
- 13.5 ounce coconut milk light canned

- 2 tablespoons juice of lime fresh
- 2 teaspoons lime rind grated
- 3 tablespoons soya sauce low-sodium
- 2 bell peppers red cut into thin strips ( 3 1/2 cups)
- 0.5 teaspoon salt

## Equipment

- bowl
- frying pan
- paper towels

## Directions

- Wrap tofu in several layers of heavy-duty paper towels. Press with a heavy object for about 30 minutes to remove excess water.
- Remove paper towels; pat tofu dry, and cut into 3/4-inch cubes.
- . While tofu drains, combine soy sauce and next 5 ingredients in a small bowl; set aside.
- . Cook rice according to package directions, omitting salt and fat.
- . While rice cooks, heat 1 teaspoon sesame oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- Add tofu; cook 10 minutes or until lightly browned on all sides.
- Remove tofu from pan; keep warm.
- Heat remaining 1 teaspoon sesame oil in pan.
- Add ginger and garlic, and saut 30 seconds.
- Add zucchini and bell pepper; saut 2 minutes.
- Add green onions; saut 4 minutes or until vegetables are crisp tender.
- Add soy sauce mixture and tofu. Bring to a boil; reduce heat, and simmer 2 minutes.
- Serve immediately over hot cooked basmati rice.

## Nutrition Facts



■ PROTEIN 15.91% ■ FAT 33.18% ■ CARBS 50.91%

## Properties

Glycemic Index:50.55, Glycemic Load:16.15, Inflammation Score:-9, Nutrition Score:16.844782746356%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

## Nutrients (% of daily need)

Calories: 304.08kcal (15.2%), Fat: 10.95g (16.84%), Saturated Fat: 7.14g (44.66%), Carbohydrates: 37.79g (12.6%), Net Carbohydrates: 35.2g (12.8%), Sugar: 4.42g (4.91%), Cholesterol: 0mg (0%), Sodium: 872.88mg (37.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.81g (23.62%), Vitamin C: 83.03mg (100.64%), Vitamin A: 2440.54IU (48.81%), Vitamin K: 40.56µg (38.63%), Manganese: 0.52mg (26.05%), Phosphorus: 182.04mg (18.2%), Copper: 0.32mg (15.82%), Vitamin B6: 0.3mg (14.75%), Magnesium: 56.82mg (14.2%), Potassium: 443.38mg (12.67%), Iron: 2.25mg (12.49%), Folate: 48.09µg (12.02%), Fiber: 2.59g (10.35%), Vitamin B1: 0.15mg (10.22%), Vitamin B2: 0.15mg (8.67%), Zinc: 1.29mg (8.59%), Vitamin B3: 1.6mg (8.01%), Vitamin E: 1.18mg (7.89%), Selenium: 5.15µg (7.35%), Calcium: 68.73mg (6.87%), Vitamin B5: 0.58mg (5.84%)