



 11%  
HEALTH SCORE

## Curried Tofu

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup baby carrots
- 0.3 teaspoon pepper red crushed
- 1 teaspoon curry powder
- 0.5 cup basil fresh chopped
- 0.5 cup basil fresh chopped
- 0.5 cup lite coconut milk light
- 15.3 ounce pineapple chunks drained canned
- 1 medium bell pepper red thinly sliced

- 0.5 teaspoon salt
- 15 ounce tofu firm drained cut into 1/2-inch cubes reduced-fat
- 2 teaspoons vegetable oil

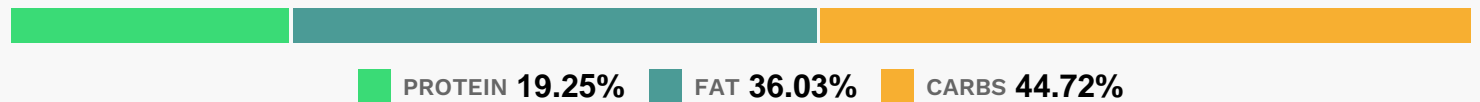
## Equipment

- frying pan

## Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add tofu, and sprinkle with salt. Cook 8 minutes or until golden brown, stirring frequently.
- Remove from pan; keep warm.
- Add coconut milk and curry powder to pan, and cook 1 minute, stirring constantly.
- Add carrots, crushed red pepper, pineapple, and bell pepper; cook 5 minutes, stirring occasionally. Stir in tofu.
- Sprinkle with basil.

## Nutrition Facts



## Properties

Glycemic Index:64, Glycemic Load:0.88, Inflammation Score:-10, Nutrition Score:17.44304362069%

## Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 289.55kcal (14.48%), Fat: 11.96g (18.4%), Saturated Fat: 3.45g (21.58%), Carbohydrates: 33.38g (11.13%), Net Carbohydrates: 27.9g (10.15%), Sugar: 24.73g (27.47%), Cholesterol: 0mg (0%), Sodium: 460.73mg (20.03%), Alcohol: 0g (100%), Protein: 14.38g (28.75%), Vitamin A: 7675.74IU (153.51%), Vitamin C: 66.95mg (81.15%), Vitamin K: 46.52µg (44.31%), Calcium: 234.81mg (23.48%), Fiber: 5.49g (21.94%), Iron: 3.14mg (17.44%), Vitamin B6: 0.29mg (14.59%), Vitamin B1: 0.19mg (12.4%), Copper: 0.24mg (12.09%), Manganese: 0.23mg (11.66%), Potassium: 400.73mg (11.45%), Folate: 43.49µg (10.87%), Magnesium: 37.71mg (9.43%), Vitamin E: 1.18mg (7.83%), Vitamin B3:

1.15mg (5.75%), Vitamin B2: 0.09mg (5.23%), Phosphorus: 39.65mg (3.97%), Vitamin B5: 0.31mg (3.15%), Zinc: 0.42mg (2.77%), Selenium: 1.17µg (1.68%)