



Curried Tofu With Couscous



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup carrots diagonally sliced (2 medium)
- ☐ 0.3 cup cashew pieces unsalted
- ☐ 2 tablespoons cashew pieces unsalted toasted chopped
- ☐ 10 ounce couscous
- ☐ 2 tablespoons curry powder
- ☐ 2 inch ginger fresh peeled coarsely chopped
- ☐ 3 garlic cloves chopped
- ☐ 1.3 cups onion coarsely chopped (1 small)

- ☐ 0.5 teaspoon salt
- ☐ 3 cups pkt spinach fresh coarsely chopped
- ☐ 1 pound spicy tofu firm cubed drained
- ☐ 1.3 cups tomatoes coarsely chopped (1 medium)
- ☐ 14.5 ounce vegetable broth divided canned

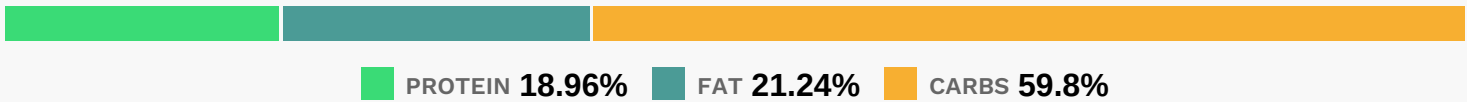
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Place first 3 ingredients in a food processor; process until finely minced. Coat a large nonstick skillet with cooking spray; place over medium heat.
- ☐ Add onion mixture. Cook 3 minutes, stirring often.
- ☐ Add curry powder; cook an additional 2 minutes or until onion is tender.
- ☐ Remove from heat.
- ☐ Place 1/4 cup cashews and 1 cup broth in food processor; process 1 minute.
- ☐ Add cashew mixture to onion mixture in skillet; stir in carrot, tofu, and remaining broth. Bring to a simmer; cover and cook 8 minutes or until carrot is tender.
- ☐ Add spinach and salt; cover and simmer 2 minutes. Stir in tomato.
- ☐ Cook couscous according to package directions.
- ☐ Spoon couscous evenly onto 4 plates; top with tofu mixture.
- ☐ Sprinkle with toasted cashews.

Nutrition Facts



Properties

Glycemic Index:73.85, Glycemic Load:30.24, Inflammation Score:-10, Nutrition Score:22.306956394859%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 9.12mg, Quercetin: 9.12mg, Quercetin: 9.12mg, Quercetin: 9.12mg

Nutrients (% of daily need)

Calories: 398.73kcal (19.94%), Fat: 9.53g (14.66%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 60.36g (20.12%), Net Carbohydrates: 53.51g (19.46%), Sugar: 5.38g (5.98%), Cholesterol: 0mg (0%), Sodium: 604.8mg (26.3%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 19.14g (38.29%), Vitamin A: 5405.45IU (108.11%), Vitamin K: 98.57µg (93.88%), Manganese: 1.04mg (51.91%), Fiber: 6.86g (27.43%), Copper: 0.47mg (23.52%), Magnesium: 87.84mg (21.96%), Iron: 3.89mg (21.6%), Phosphorus: 206.52mg (20.65%), Vitamin C: 15.28mg (18.52%), Calcium: 183.28mg (18.33%), Folate: 69.77µg (17.44%), Potassium: 527.57mg (15.07%), Vitamin B6: 0.3mg (14.99%), Vitamin B3: 2.79mg (13.97%), Vitamin B1: 0.21mg (13.73%), Zinc: 1.48mg (9.84%), Vitamin B5: 0.96mg (9.58%), Vitamin E: 1.33mg (8.88%), Vitamin B2: 0.12mg (7.24%), Selenium: 3.16µg (4.52%)