



WHATSheATE



## Eggplant-Tofu Ragout



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon asian fish sauce (nuoc nam or nam pla)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons ground ginger
- ☐ 1 tablespoon ground turmeric
- ☐ 12 ounces japanese chinese
- ☐ 3 tablespoons olive oil
- ☐ 1 teaspoon salt
- ☐ 1 pound spicy tofu firm cut into 1-inch cubes

- ☐ 3 pounds tomatoes cored ripe rinsed cut into 1-inch chunks
- ☐ 2 onions white peeled cut into 1-inch chunks ( 1 lb. total)

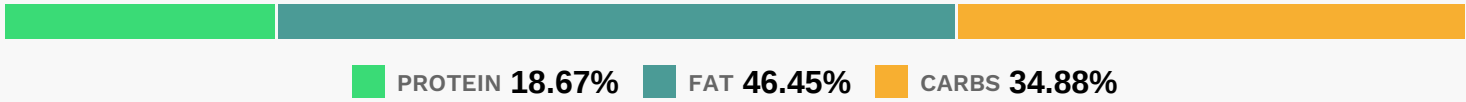
Equipment

- ☐ frying pan

Directions

- ☐ Pour olive oil into a 12-inch frying pan with 2-inch-tall sides or a 5- to 6-quart pan over medium-high heat. When hot, add onions and stir frequently until limp, about 5 minutes.
- ☐ Add tomatoes; stir occasionally until tomatoes are soft and have released their juices, about 10 minutes. Stir in fish sauce, turmeric, ginger, and salt.
- ☐ Meanwhile, rinse eggplant and cut into 1-inch chunks, discarding ends. Stir into tomato mixture along with tofu. Cover and cook until eggplant is tender when pierced, about 20 minutes longer.
- ☐ Sprinkle with cilantro and serve immediately (see notes).

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:5.64, Inflammation Score:-10, Nutrition Score:21.451304554939%

Flavonoids

Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 13.88mg, Quercetin: 13.88mg, Quercetin: 13.88mg, Quercetin: 13.88mg

Nutrients (% of daily need)

Calories: 304kcal (15.2%), Fat: 16.6g (25.54%), Saturated Fat: 2.24g (14.03%), Carbohydrates: 28.04g (9.35%), Net Carbohydrates: 19.02g (6.92%), Sugar: 14.89g (16.54%), Cholesterol: 0mg (0%), Sodium: 961.83mg (41.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.01g (30.02%), Vitamin C: 53.39mg (64.72%), Vitamin A: 2945.29IU (58.91%), Manganese: 1.14mg (57.19%), Vitamin K: 40.77µg (38.83%), Fiber: 9.02g (36.09%), Potassium:

1158.84mg (33.11%), Vitamin E: 3.7mg (24.69%), Vitamin B6: 0.47mg (23.36%), Folate: 84.12µg (21.03%), Calcium: 203.71mg (20.37%), Iron: 3.64mg (20.2%), Magnesium: 68.58mg (17.15%), Copper: 0.31mg (15.61%), Vitamin B3: 2.94mg (14.71%), Vitamin B1: 0.19mg (12.59%), Phosphorus: 125.33mg (12.53%), Vitamin B2: 0.12mg (7.14%), Vitamin B5: 0.63mg (6.27%), Zinc: 0.94mg (6.25%), Selenium: 1.59µg (2.27%)