



 **33%**
HEALTH SCORE

Garden Vegetable Stir-fry with Tofu and Brown Rice

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bell pepper red
- 8 ounce water chestnuts drained sliced canned
- 0.5 cup carrots diagonally sliced
- 1 cup cilantro leaves
- 3 cups brown rice long-grain hot cooked
- 1.5 tablespoons cornstarch
- 0.5 teaspoon pepper red crushed

- 1 teaspoon sesame oil dark
- 2 tablespoons soy sauce low-sodium
- 1 cup onion thinly sliced
- 2 tablespoons oyster sauce
- 1 tablespoon rice vinegar
- 1 cup snow peas trimmed
- 1 teaspoon sugar
- 12.3 ounce tofu firm drained cut into 1/2-inch cubes reduced-fat
- 1 cup vegetable stock canned
- 3 teaspoons vegetable oil divided
- 2 tablespoons water
- 0.8 pound zucchini sliced

Equipment

- bowl
- frying pan
- paper towels
- whisk

Directions

- Combine water and cornstarch in a bowl; stir with a whisk. Stir in broth and next 6 ingredients (broth through crushed red pepper).
- Heat 2 teaspoons of vegetable oil in a large nonstick skillet over medium-high heat.
- Add tofu; stir-fry 8 minutes or until golden brown, stirring occasionally.
- Remove tofu from pan.
- Place tofu on several layers of paper towels.
- Add 1 teaspoon vegetable oil to pan.
- Add onion and bell pepper, and stir-fry 2 minutes.
- Add the zucchini, snow peas, carrot, and water chestnuts; stir-fry 1 minute.

Add tofu and broth mixture. Bring to a boil, and cook 2 minutes. Stir in cilantro.

Serve with rice.

Nutrition Facts

PROTEIN 15.41% **FAT 22.15%** **CARBS 62.44%**

Properties

Glycemic Index:83.23, Glycemic Load:3.32, Inflammation Score:-10, Nutrition Score:28.271739477697%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.92mg, Quercetin: 10.92mg, Quercetin: 10.92mg

Nutrients (% of daily need)

Calories: 405.17kcal (20.26%), Fat: 10.2g (15.69%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 64.67g (21.56%), Net Carbohydrates: 55.42g (20.15%), Sugar: 11.67g (12.96%), Cholesterol: 0mg (0%), Sodium: 814.89mg (35.43%), Alcohol: 0g (100%), Protein: 15.96g (31.92%), Vitamin C: 83.73mg (101.49%), Vitamin A: 4745.65IU (94.91%), Manganese: 1.81mg (90.26%), Fiber: 9.25g (36.99%), Vitamin B6: 0.73mg (36.72%), Vitamin K: 33.93µg (32.32%), Magnesium: 106.5mg (26.62%), Selenium: 16.18µg (23.12%), Phosphorus: 229.07mg (22.91%), Iron: 3.8mg (21.13%), Vitamin B3: 3.95mg (19.75%), Potassium: 685.31mg (19.58%), Folate: 76.85µg (19.21%), Vitamin B1: 0.28mg (18.77%), Copper: 0.36mg (18%), Calcium: 177.55mg (17.75%), Vitamin B2: 0.25mg (14.63%), Vitamin E: 1.9mg (12.69%), Zinc: 1.9mg (12.66%), Vitamin B5: 1.16mg (11.62%)