



Five-Spice Tofu Stir-Fry with Carrots and Celery

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



172 kcal

SIDE DISH

Ingredients

- 2 cups carrots (3 medium)
- 2 cups celery (3 long stalks)
- 0.3 teaspoon pepper white
- 0.5 teaspoon salt
- 2 teaspoons sesame oil
- 1 tablespoon rice wine dry chinese (rice wine)
- 0.5 teaspoon sugar

- 8 ounces spicy tofu cut into matchstick-size strips (2 squares)
- 1.3 ounces savory vegetable canned rinsed finely chopped
- 2 tablespoons vegetable oil divided

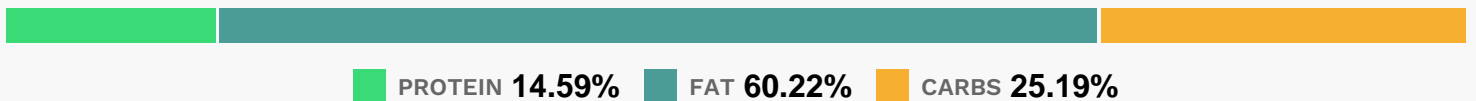
Equipment

- frying pan
- wok

Directions

- Heat 14-inch-diameter flat-bottomed wok or heavy 12-inch-diameter skillet over high heat until drop of water added to wok evaporates on contact.
- Add 1 tablespoon peanut oil and swirl, then add tofu and stir-fry until tofu just begins to brown, about 1 minute.
- Transfer tofu to plate.
- Add remaining 1 tablespoon peanut oil to same wok (do not clean).
- Add carrots, celery, and Szechuan preserved vegetable and stir-fry until carrots are crisp-tender, about 3 minutes. Return tofu to wok; add rice wine, salt, sugar, and white pepper. Stir-fry to blend, about 1 minute.
- Remove pan from heat; stir in sesame oil and serve.

Nutrition Facts



Properties

Glycemic Index:52.23, Glycemic Load:3.11, Inflammation Score:-10, Nutrition Score:10.599130506101%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 171.72kcal (8.59%), Fat: 11.58g (17.82%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 7.46g (2.71%), Sugar: 4.38g (4.87%), Cholesterol: 0mg (0%), Sodium: 381.76mg (16.6%), Alcohol: 0.6g (100%), Alcohol %: 0.39% (100%), Protein: 6.32g (12.63%), Vitamin A: 11368.46IU (227.37%), Vitamin K: 36.02µg (34.31%), Fiber: 3.44g (13.76%), Calcium: 115.11mg (11.51%), Potassium: 355.98mg (10.17%), Manganese: 0.17mg (8.56%), Folate: 32.92µg (8.23%), Vitamin E: 1.14mg (7.62%), Vitamin C: 6.29mg (7.62%), Vitamin B6: 0.13mg (6.72%), Iron: 1.08mg (6.02%), Vitamin B3: 0.9mg (4.51%), Vitamin B2: 0.07mg (4.33%), Vitamin B1: 0.06mg (4.25%), Phosphorus: 40.19mg (4.02%), Magnesium: 15.71mg (3.93%), Vitamin B5: 0.31mg (3.13%), Copper: 0.06mg (2.82%), Zinc: 0.26mg (1.75%)