



## Fried Brown Rice with Broccoli and Tofu



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



88 min.

SERVINGS



4

CALORIES



304 kcal

SIDE DISH

### Ingredients

- ☐ 2 cups broccoli florets
- ☐ 1 cup brown rice long-grain
- ☐ 2 tablespoons ginger fresh grated
- ☐ 1 clove garlic minced
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons soya sauce
- ☐ 8 ounces spicy tofu firm cut into cubes
- ☐ 2 tablespoons vegetable oil

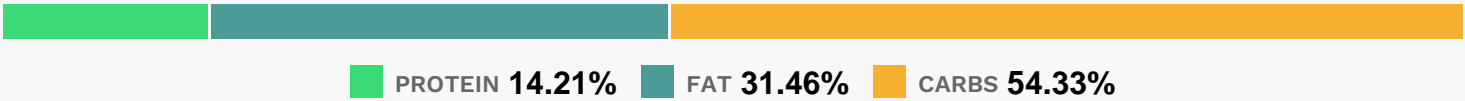
# Equipment

☐ frying pan

# Directions

- ☐ Mix rice, 2 1/4 cups water and a pinch of salt in a pan; bring to a boil. Reduce heat to medium-low, cover and cook until rice is tender and liquid has been absorbed, 45 to 50 minutes.
- ☐ Remove from heat, fluff with a fork and let stand, covered, 10 minutes.
- ☐ Warm oil in a skillet over medium-high heat.
- ☐ Add garlic and ginger; saut until fragrant, about 30 seconds.
- ☐ Add broccoli and saut for 2 minutes.
- ☐ Pour in 1/2 cup water and soy sauce. Cook, stirring, until broccoli is just softened, about 12 minutes.
- ☐ Add rice and tofu and cook, stirring, until heated through, about 3 minutes. Season with salt and pepper.
- ☐ Serve warm.

# Nutrition Facts



# Properties

Glycemic Index:41.44, Glycemic Load:21.24, Inflammation Score:-6, Nutrition Score:16.910434862842%

# Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

# Nutrients (% of daily need)

Calories: 304.48kcal (15.22%), Fat: 10.78g (16.58%), Saturated Fat: 1.64g (10.22%), Carbohydrates: 41.88g (13.96%), Net Carbohydrates: 38.47g (13.99%), Sugar: 1.16g (1.29%), Cholesterol: 0mg (0%), Sodium: 716.3mg (31.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.95g (21.9%), Manganese: 1.94mg (96.97%), Vitamin K: 58.93µg (56.13%), Vitamin C: 40.99mg (49.69%), Magnesium: 82.78mg (20.69%), Vitamin B6: 0.35mg (17.72%), Phosphorus: 169.47mg (16.95%), Vitamin B1: 0.24mg (15.74%), Fiber: 3.41g (13.64%), Vitamin B3: 2.72mg (13.62%),

Iron: 2.12mg (11.77%), Calcium: 111.77mg (11.18%), Vitamin B5: 1.02mg (10.15%), Folate: 40.19µg (10.05%), Copper: 0.18mg (8.82%), Potassium: 307.73mg (8.79%), Zinc: 1.21mg (8.04%), Vitamin E: 0.92mg (6.14%), Vitamin A: 283.53IU (5.67%), Vitamin B2: 0.09mg (5.26%), Selenium: 1.34µg (1.92%)