



Ginger-Scented Corn and Asparagus Stir-Fry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces asparagus steamed cut into 1-inch pieces (2 cups)
- 1 cup julienne-cut bell pepper red
- 4 tablespoons canola oil divided
- 0.3 teaspoon pepper red crushed
- 10 ounce extra-firm tofu drained cut into 3/4-inch cubes
- 0.7 cup corn kernels fresh
- 1 tablespoon ginger fresh grated peeled
- 4 garlic cloves minced

- 0.3 cup green onions thinly sliced
- 2 tablespoons lower-sodium soy sauce
- 0.8 cup onion vertically sliced
- 3 tablespoons rice wine vinegar
- 2 cups short-grain rice hot cooked
- 0.3 cup vegetable broth organic

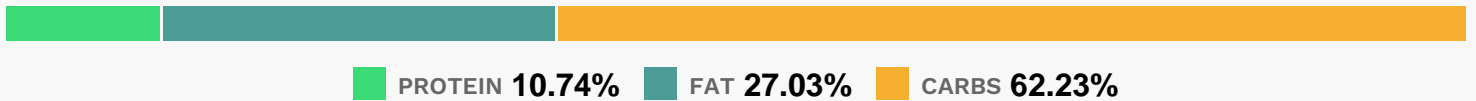
Equipment

- frying pan
- paper towels
- slotted spoon

Directions

- Heat 2 tablespoons oil in a large cast-iron skillet over medium-high heat; swirl to coat.
- Add tofu; saut for 10 minutes or until golden brown, stirring frequently.
- Remove tofu from pan with a slotted spoon; wipe pan dry with a paper towel.
- Heat remaining 2 tablespoons oil in pan; swirl to coat.
- Add corn and next 4 ingredients (through bell pepper); stir-fry 5 minutes.
- Add reserved tofu, asparagus, and next 4 ingredients (through crushed red pepper). Stir-fry 1 minute or until asparagus and tofu are heated. Divide the rice evenly among 4 plates. Spoon about 1 cup corn mixture over rice, and top evenly with 1 tablespoon green onions.

Nutrition Facts



Properties

Glycemic Index:90, Glycemic Load:64.6, Inflammation Score:-9, Nutrition Score:26.244348069896%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 3.93mg, Isorhamnetin: 3.93mg, Isorhamnetin: 3.93mg, Isorhamnetin: 3.93mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg

0.89mg, Kaempferol: 0.89mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg
Quercetin: 12.84mg, Quercetin: 12.84mg, Quercetin: 12.84mg, Quercetin: 12.84mg

Nutrients (% of daily need)

Calories: 607.94kcal (30.4%), Fat: 18.24g (28.06%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 94.46g (31.49%),
Net Carbohydrates: 88.07g (32.02%), Sugar: 5.75g (6.38%), Cholesterol: 0mg (0%), Sodium: 361.78mg (15.73%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.31g (32.62%), Folate: 293.94µg (73.48%), Vitamin C: 56.12mg
(68.03%), Manganese: 1.33mg (66.54%), Vitamin B1: 0.71mg (47.37%), Vitamin K: 42.81µg (40.77%), Iron: 6.63mg
(36.81%), Vitamin A: 1664.5IU (33.29%), Vitamin B3: 5.53mg (27.64%), Fiber: 6.4g (25.58%), Vitamin E: 3.66mg
(24.43%), Selenium: 17.01µg (24.3%), Vitamin B6: 0.44mg (21.79%), Phosphorus: 178.64mg (17.86%), Vitamin B5:
1.78mg (17.85%), Copper: 0.35mg (17.27%), Magnesium: 53.94mg (13.49%), Calcium: 125.53mg (12.55%), Potassium:
416.93mg (11.91%), Zinc: 1.72mg (11.47%), Vitamin B2: 0.19mg (11.19%)