



 **56%**
HEALTH SCORE

Hoisin-Drenched Tofu and Stir-Fried Vegetables

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

READY IN



45 min.

SERVINGS



6

CALORIES



472 kcal

SAUCE

Ingredients

- 0.8 teaspoon five-spice powder
- 1.5 cups bell pepper strips red
- 1.5 cups bell pepper strips yellow
- 1.5 teaspoons chile paste with garlic
- 4.5 cups jasmine rice hot cooked
- 1 teaspoon sesame oil dark
- 1.5 tablespoons garlic fresh minced

- 2 tablespoons garlic fresh minced
- 3 tablespoons green onion bottoms finely chopped
- 2 cups green onion tops sliced (1-inch)
- 0.8 cup hoisin sauce
- 3 tablespoons soya sauce low-sodium
- 3.5 tablespoons soya sauce low-sodium
- 1.5 tablespoons olive oil
- 0.3 cup sake (rice wine)
- 2 tablespoons sake (rice wine)
- 0.5 pound snow peas trimmed
- 1.5 tablespoons sugar
- 1.5 pounds water-packed tofu firm drained cut into (1/) slices

Equipment

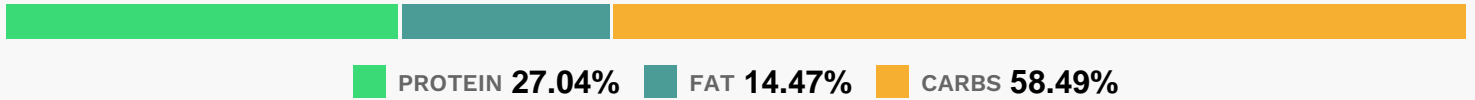
- frying pan
- oven
- whisk
- aluminum foil
- wok

Directions

- To prepare tofu, combine first 6 ingredients, stirring well with a whisk. Arrange tofu in a single layer on a foil-lined jelly roll pan; pour hoisin mixture over tofu, turning tofu to coat.
- Let stand at room temperature 1 hour.
- Preheat oven to 37
- Bake tofu mixture at 375 for 35 minutes. Discard marinade.
- To prepare stir-fry, combine 3 1/2 tablespoons soy sauce, sugar, and 1 teaspoon sesame oil.
- Heat olive oil in a wok or large nonstick skillet over medium-high heat.
- Add green onion bottoms, 2 tablespoons garlic, and chile paste; stir-fry 15 seconds.

- Add bell peppers; stir-fry 1 minute.
- Add peas and 2 tablespoons sake; cook 3 minutes or until peas are tender, stirring constantly.
- Add tofu, soy sauce mixture, and green onion tops; toss gently to combine. Cook 2 minutes or until thoroughly heated.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:56.68, Glycemic Load:39.43, Inflammation Score:-9, Nutrition Score:34.214347549107%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 471.75kcal (23.59%), Fat: 7.23g (11.13%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 65.78g (21.93%), Net Carbohydrates: 61g (22.18%), Sugar: 16.61g (18.45%), Cholesterol: 41.85mg (13.95%), Sodium: 1441.55mg (62.68%), Alcohol: 2.95g (100%), Alcohol %: 0.81% (100%), Protein: 30.41g (60.82%), Vitamin C: 147.44mg (178.72%), Selenium: 88.08µg (125.83%), Vitamin K: 89.18µg (84.93%), Vitamin B3: 13.5mg (67.52%), Manganese: 1.07mg (53.35%), Vitamin B12: 2.91µg (48.57%), Vitamin B6: 0.84mg (41.94%), Vitamin A: 2085.08IU (41.7%), Phosphorus: 311.34mg (31.13%), Iron: 4.68mg (26.01%), Folate: 89.89µg (22.47%), Magnesium: 89.06mg (22.26%), Potassium: 711.64mg (20.33%), Vitamin B2: 0.33mg (19.58%), Fiber: 4.78g (19.12%), Copper: 0.32mg (15.84%), Zinc: 2.06mg (13.75%), Vitamin E: 2.04mg (13.63%), Vitamin B1: 0.19mg (12.36%), Vitamin B5: 1.23mg (12.32%), Calcium: 110.49mg (11.05%), Vitamin D: 1.36µg (9.07%)