



## Indonesian Vegetable Salad with Peanut Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



68 min.

SERVINGS



4

CALORIES



395 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 2 teaspoons brown sugar
- ☐ 2 tablespoons canola oil
- ☐ 1.5 cups julienne-cut carrot
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 cup creamy peanut butter
- ☐ 2 teaspoons madras curry powder red
- ☐ 4 large eggs

- ☐ 14 ounce water-packed extra-firm tofu drained
- ☐ 1.5 cups bean sprouts fresh
- ☐ 1.5 cups green beans trimmed
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 tablespoon lower-sodium soy sauce
- ☐ 1 bell pepper red seeded cut into thin strips
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons thai curry paste red
- ☐ 3 tablespoons water hot

## Equipment

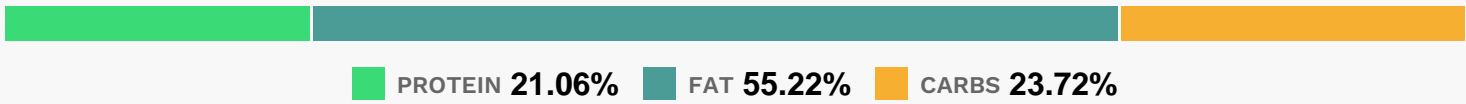
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

## Directions

- ☐ To prepare salad, place eggs in a large saucepan; cover with water. Bring to a rolling boil; cover, remove from heat, and let stand 12 minutes.
- ☐ Remove eggs from pan with a slotted spoon; rinse with cold water. Peel eggs; cut in half.
- ☐ Return water to a boil.
- ☐ Add carrot, and cook for 1 minute.
- ☐ Remove carrot with a slotted spoon; drain and rinse with cold water.
- ☐ Drain and place in a bowl.
- ☐ Add the green beans to boiling water, and cook for 4 minutes or until crisp-tender.
- ☐ Remove green beans with a slotted spoon; drain and rinse with cold water.

- ☐ Drain and place in a separate bowl. Arrange 2 egg halves, about 1/3 cup carrot, 1/3 cup green beans, 1/3 cup bean sprouts, 1/4 cup red bell pepper, and 1/2 cup cucumber on each of 4 plates.
- ☐ To prepare tofu, cut lengthwise into 4 (1/2-inch-thick) slices.
- ☐ Place the tofu slices on several layers of paper towels. Cover tofu with additional paper towels; let stand 5 minutes.
- ☐ Cut each tofu slice crosswise into 1/2-inch-thick strips.
- ☐ Combine cornstarch, curry powder, and 1/4 teaspoon salt; gently toss with tofu to coat.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add tofu to pan; cook for 10 minutes or until crisp and browned, turning to brown on all sides. Divide tofu evenly among plates.
- ☐ To prepare dressing, combine peanut butter and next 6 ingredients (through 1/4 teaspoon salt) in a bowl; stir with a whisk until smooth.
- ☐ Serve each salad with about 3 tablespoons dressing.

## Nutrition Facts



## Properties

Glycemic Index:35.96, Glycemic Load:3.25, Inflammation Score:-10, Nutrition Score:26.981304293093%

## Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

## Nutrients (% of daily need)

Calories: 394.65kcal (19.73%), Fat: 25.33g (38.97%), Saturated Fat: 4.72g (29.52%), Carbohydrates: 24.49g (8.16%), Net Carbohydrates: 19.05g (6.93%), Sugar: 12.26g (13.62%), Cholesterol: 186mg (62%), Sodium: 556.31mg (24.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.74g (43.48%), Vitamin A: 9922.4IU (198.45%), Vitamin C: 54.79mg (66.41%), Vitamin K: 44.67µg (42.55%), Phosphorus: 344.42mg (34.44%), Vitamin E: 4.96mg (33.1%), Manganese: 0.66mg (32.91%), Vitamin B2: 0.46mg (27.16%), Folate: 106.64µg (26.66%), Magnesium: 103.51mg

(25.88%), Selenium: 17.07µg (24.39%), Copper: 0.46mg (23.04%), Vitamin B6: 0.46mg (22.98%), Vitamin B3: 4.59mg (22.93%), Iron: 3.93mg (21.83%), Fiber: 5.43g (21.72%), Potassium: 750.01mg (21.43%), Vitamin B1: 0.25mg (16.62%), Zinc: 2.32mg (15.46%), Vitamin B5: 1.49mg (14.9%), Calcium: 120.73mg (12.07%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%)