



Japanese Tofu with Enoki Mushroom and Minced Pork



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 Tbs cornstarch
- ☐ 2 servings cornstarch slurry (cornstarch+water)
- ☐ 1 tube japanese egg tofu cut into 1 cm pieces
- ☐ 150 g enoki mushrooms – and lightly canned rinsed drained (I used)
- ☐ 3 cloves garlic pressed
- ☐ 1 Tbs soya sauce light
- ☐ 2 servings oyster sauce

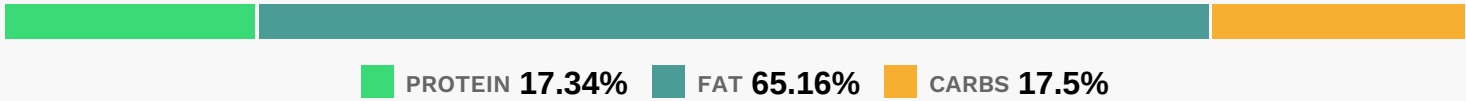
- ☐ 250 g fatty pork minced
- ☐ 0.3 tsp pepper powder white
- ☐ 0.3 tsp salt
- ☐ 2 servings sesame oil
- ☐ 2 servings sugar
- ☐ 0.8 cup water

Equipment

Directions

- ☐ Marinate pork in all ingredients for marinade for at least 30 mins.

Nutrition Facts



Properties

Glycemic Index:57.55, Glycemic Load:8.86, Inflammation Score:-3, Nutrition Score:18.100000227923%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 559.73kcal (27.99%), Fat: 40.83g (62.82%), Saturated Fat: 11.86g (74.15%), Carbohydrates: 24.68g (8.23%), Net Carbohydrates: 22.36g (8.13%), Sugar: 12.34g (13.71%), Cholesterol: 91.86mg (30.62%), Sodium: 899.47mg (39.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.45g (48.9%), Vitamin B1: 1.1mg (73.23%), Vitamin B3: 11.1mg (55.5%), Selenium: 33.53µg (47.9%), Phosphorus: 318.47mg (31.85%), Vitamin B6: 0.63mg (31.44%), Vitamin B2: 0.47mg (27.56%), Zinc: 3.35mg (22.35%), Vitamin B5: 1.92mg (19.16%), Potassium: 667.02mg (19.06%), Vitamin B12: 0.88µg (14.73%), Iron: 2.34mg (12.99%), Folate: 44.42µg (11.1%), Magnesium: 41.89mg (10.47%), Manganese: 0.21mg (10.32%), Fiber: 2.32g (9.27%), Copper: 0.18mg (9.22%), Calcium: 31.9mg (3.19%), Vitamin C: 2.34mg (2.84%), Vitamin K: 1.98µg (1.89%), Vitamin E: 0.21mg (1.42%)