



Jungle Curry with Tofu



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



26 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons brown sugar
- ☐ 2 tablespoons canola oil divided
- ☐ 1 small eggplant cut into 1/2-inch cubes (4 cups)
- ☐ 12 ounce tofu drained cut into 1/2-inch cubes
- ☐ 1 cup basil fresh thinly sliced
- ☐ 2 tablespoons curry paste green
- ☐ 2 cups haricots verts (2-inch)
- ☐ 1 cup jasmine rice uncooked

- ☐ 2 teaspoons lime zest grated
- ☐ 3 tablespoons soy sauce
- ☐ 1 bell pepper red cut into julienne strips
- ☐ 1 cup vegetable stock organic

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook rice according to package directions, omitting salt and fat.
- ☐ Place tofu on several layers of paper towels, and cover with additional paper towels.
- ☐ Let stand for 5 minutes, pressing down once.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Add tofu; saut 4 minutes or until lightly browned, stirring occasionally.
- ☐ Remove from pan; keep warm. Wipe pan clean with a paper towel. Return pan to medium-high heat.
- ☐ Add remaining 1 tablespoon oil; swirl to coat.
- ☐ Add haricots verts, eggplant, and bell pepper; saut 3 minutes, stirring occasionally.
- ☐ Add curry paste; cook 30 seconds, stirring frequently.
- ☐ Add broth, soy sauce, sugar, and rind; cook 5 minutes, stirring occasionally.
- ☐ Add reserved tofu; cook 1 minute.
- ☐ Place 1/2 cup rice in each of 4 shallow bowls. Top each with about 1 1/2 cups tofu mixture and 1/4 cup basil.
- ☐ Serve with lime wedges, if desired.

Nutrition Facts



 **PROTEIN 15.06%**  **FAT 27.9%**  **CARBS 57.04%**

Properties

Glycemic Index:82.8, Glycemic Load:25.3, Inflammation Score:-9, Nutrition Score:20.01956502251%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 383.23kcal (19.16%), Fat: 12.09g (18.6%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 55.61g (18.54%), Net Carbohydrates: 48.3g (17.56%), Sugar: 10.46g (11.62%), Cholesterol: 0mg (0%), Sodium: 680.45mg (29.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.69g (29.37%), Vitamin C: 49.31mg (59.77%), Vitamin A: 2960.69IU (59.21%), Vitamin K: 59.06µg (56.25%), Manganese: 1.04mg (52.1%), Fiber: 7.31g (29.25%), Vitamin B6: 0.37mg (18.3%), Calcium: 178.71mg (17.87%), Folate: 70.18µg (17.55%), Iron: 2.91mg (16.19%), Vitamin E: 2.41mg (16.1%), Potassium: 557.84mg (15.94%), Magnesium: 57.27mg (14.32%), Copper: 0.27mg (13.4%), Phosphorus: 132.84mg (13.28%), Vitamin B3: 2.37mg (11.87%), Selenium: 7.79µg (11.13%), Vitamin B2: 0.18mg (10.65%), Vitamin B5: 1.06mg (10.65%), Vitamin B1: 0.15mg (9.69%), Zinc: 1.04mg (6.93%)