



Jungle Curry with Tofu

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



26 min.

SERVINGS



4

CALORIES



359 kcal

SIDE DISH

Ingredients

- 2 teaspoons brown sugar
- 2 tablespoons cooking oil divided
- 1 small eggplant cut into 1/2-inch cubes (4 cups)
- 12 ounce extra 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 14.71% ■ FAT 24.58% ■ CARBS 60.71%

Properties

Glycemic Index:79.05, Glycemic Load:25.11, Inflammation Score:0, Nutrition Score:21.199130390001%

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: 358.56kcal (17.93%), Fat: 9.96g (15.33%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 55.35g (18.45%), Net Carbohydrates: 48.64g (17.69%), Sugar: 11.05g (12.28%), Cholesterol: 0mg (0%), Sodium: 730.63mg (31.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.41g (26.82%), Vitamin C: 49.31mg (59.77%), Vitamin A: 2960.69IU (59.21%), Vitamin K: 59.06µg (56.25%), Manganese: 1.04mg (52.1%), Fiber: 6.72g (26.87%), Copper: 0.44mg (21.91%), Phosphorus: 217.89mg (21.79%), Magnesium: 80.24mg (20.06%), Potassium: 688.81mg (19.68%), Vitamin B6: 0.38mg (18.76%), Folate: 70.18µg (17.55%), Iron: 2.91mg (16.15%), Vitamin E: 2.41mg (16.1%), Vitamin B1: 0.21mg (14.17%), Vitamin B3: 2.57mg (12.87%), Vitamin B2: 0.21mg (12.35%), Selenium: 7.79µg (11.13%), Vitamin B5: 1.06mg (10.65%), Zinc: 1.55mg (10.33%), Calcium: 98.76mg (9.88%)