



Ma Po Tofu

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon ground pepper
- 0.5 cup chicken broth
- 0.5 tablespoon chili paste depending on your taste pref with garlic
- 1 tablespoon cornstarch mixed with equal parts water
- 2 tablespoons sherry dry
- 0.5 tablespoon fermented black beans rinsed mashed
- 0.5 teaspoon ginger fresh minced
- 3 cloves garlic crushed

- 4 ounces ground pork
- 1 cup peas green frozen
- 2 tablespoons soya sauce
- 14 ounce spicy tofu drained cut into cubes

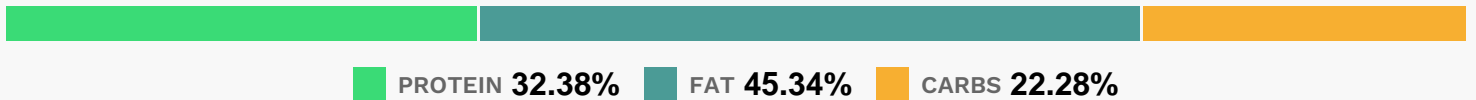
Equipment

- bowl
- frying pan

Directions

- In a small bowl, combine ground pork, sherry and 1 teaspoon cornstarch; set aside.
- In a separate small bowl, combine black beans, chile paste, cayenne pepper, soy sauce, garlic, and ginger; set aside.
- Heat a large skillet over medium heat. If pork is lean, add 1 tablespoon oil. Cook pork until evenly browned. Stir in black bean mixture, tofu, and peas.
- Pour in chicken broth, and bring to a boil. Stir in dissolved cornstarch, and cook until thickened.

Nutrition Facts



Properties

Glycemic Index:41.58, Glycemic Load:1.98, Inflammation Score:-5, Nutrition Score:9.1621739657029%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 219.67kcal (10.98%), Fat: 10.9g (16.76%), Saturated Fat: 2.8g (17.52%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 8.73g (3.17%), Sugar: 3.02g (3.36%), Cholesterol: 21mg (7%), Sodium: 634.97mg (27.61%), Alcohol: 0.77g (100%), Protein: 17.51g (35.02%), Vitamin B1: 0.32mg (21.59%), Vitamin C: 16.11mg (19.53%), Calcium: 146.38mg (14.64%), Manganese: 0.27mg (13.4%), Fiber: 3.32g (13.29%), Iron: 2.35mg (13.07%), Vitamin B3: 2.51mg (12.54%), Selenium: 8.27µg (11.81%), Vitamin B6: 0.24mg (11.77%), Phosphorus: 109.28mg (10.93%), Vitamin A: 492.12IU (9.84%), Vitamin B2: 0.16mg (9.13%), Vitamin K: 9.48µg (9.03%), Zinc: 1.19mg (7.9%), Folate: 27.5µg (6.87%), Potassium: 227.1mg (6.49%), Magnesium: 23.72mg (5.93%), Copper: 0.11mg (5.31%), Vitamin B12: 0.2µg (3.41%), Vitamin B5: 0.28mg (2.81%), Vitamin E: 0.22mg (1.44%)