



WHAT'SHEATE

Ma Po Tofu



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoons sriracha (such as Lee Kum Kee)
- ☐ 2 cups brown rice long-grain hot cooked
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup green onions chopped
- ☐ 4 ounces ground pork lean

- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 tablespoon oyster sauce
- ☐ 1 pound spicy tofu firm cut into 6 slices reduced-fat

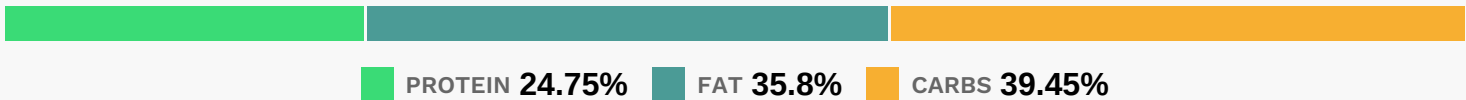
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Place tofu slices on several layers of paper towels; cover with additional paper towels.
- ☐ Place a dinner plate on top of covered tofu; let stand 30 minutes.
- ☐ Remove plate; discard paper towels.
- ☐ Cut tofu slices into 1/2-inch cubes.
- ☐ Combine broth, cornstarch, soy sauce, oyster sauce, and chili garlic sauce, stirring with a whisk.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add pork; cook 4 minutes or until done, stirring to crumble.
- ☐ Add ginger and garlic; cook 1 minute, stirring constantly.
- ☐ Add tofu; cook 4 minutes or until golden, stirring frequently.
- ☐ Add broth mixture to pan. Bring to a boil; cook 1 minute or until mixture thickens.
- ☐ Remove from heat.
- ☐ Serve tofu mixture over rice.
- ☐ Sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:11.516956443372%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 302.52kcal (15.13%), Fat: 12g (18.46%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 29.75g (9.92%), Net Carbohydrates: 26.65g (9.69%), Sugar: 1.23g (1.36%), Cholesterol: 20.41mg (6.8%), Sodium: 615.73mg (26.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.66g (37.33%), Manganese: 0.98mg (49.03%), Selenium: 17.83µg (25.47%), Vitamin B1: 0.32mg (21.09%), Calcium: 170.83mg (17.08%), Vitamin K: 17.88µg (17.02%), Vitamin B3: 3.11mg (15.54%), Phosphorus: 155.31mg (15.53%), Vitamin B6: 0.3mg (15.16%), Magnesium: 56.34mg (14.08%), Iron: 2.36mg (13.09%), Fiber: 3.1g (12.4%), Zinc: 1.38mg (9.18%), Vitamin B2: 0.13mg (7.73%), Copper: 0.14mg (7.24%), Potassium: 201.74mg (5.76%), Vitamin B5: 0.55mg (5.51%), Vitamin B12: 0.27µg (4.56%), Folate: 15.39µg (3.85%), Vitamin C: 2.56mg (3.1%), Vitamin A: 85.27IU (1.71%)