



Ma Po Tofu with Steamed Broccolini

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon black bean garlic sauce
- ☐ 8 ounces broccolini steamed
- ☐ 1 tablespoon canola oil
- ☐ 1 teaspoon chili oil
- ☐ 2 cups rice long-grain white hot cooked
- ☐ 1 tablespoon cornstarch
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 0.3 cup cilantro leaves fresh

- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 1 tablespoon garlic finely chopped
- ☐ 4 ounces ground sirloin
- ☐ 2 tablespoons less-sodium soy sauce
- ☐ 1.5 tablespoons mirin sweet (rice wine)
- ☐ 1 tablespoons sriracha hot (chile sauce, such a Huy Fong)
- ☐ 2 teaspoons sugar
- ☐ 14 ounce water-packed tofu firm drained

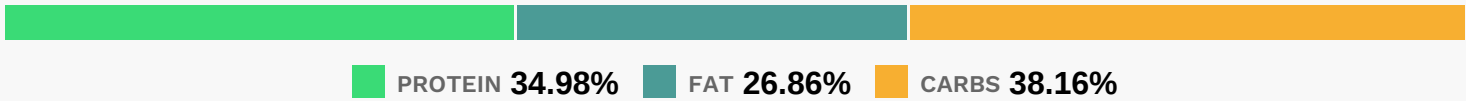
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Place tofu on paper towels; cover with paper towels. Top with a heavy skillet; let stand 30 minutes. Discard towels.
- ☐ Cut tofu into 1-inch cubes.
- ☐ Combine Sriracha and the next 3 ingredients.
- ☐ Combine broth and next 3 ingredients, stirring until smooth.
- ☐ Heat canola oil in a large skillet over medium-high heat.
- ☐ Add beef; stir-fry 3 minutes.
- ☐ Add garlic and ginger; stir-fry 30 seconds.
- ☐ Add Sriracha mixture; cook 1 minute, stirring occasionally.
- ☐ Add broth mixture; bring to a boil. Cook 1 minute. Stir in tofu.
- ☐ Serve with rice and Broccolini; sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:64.02, Glycemic Load:25.52, Inflammation Score:-8, Nutrition Score:21.937826395035%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 354.89kcal (17.74%), Fat: 10.17g (15.65%), Saturated Fat: 2.35g (14.69%), Carbohydrates: 32.53g (10.84%), Net Carbohydrates: 31.16g (11.33%), Sugar: 4g (4.45%), Cholesterol: 55mg (18.33%), Sodium: 860.85mg (37.43%), Alcohol: 0.91g (100%), Alcohol %: 0.33% (100%), Protein: 29.81g (59.63%), Selenium: 79.41µg (113.45%), Vitamin C: 55.4mg (67.15%), Vitamin B3: 11.93mg (59.63%), Vitamin B12: 3.28µg (54.65%), Vitamin B6: 0.54mg (27.14%), Phosphorus: 242.74mg (24.27%), Manganese: 0.48mg (23.87%), Vitamin A: 1130.06IU (22.6%), Iron: 3.25mg (18.04%), Zinc: 2.42mg (16.16%), Magnesium: 45.24mg (11.31%), Vitamin B2: 0.17mg (10.18%), Potassium: 354.68mg (10.13%), Vitamin E: 1.29mg (8.58%), Vitamin D: 1.22µg (8.13%), Calcium: 79.77mg (7.98%), Copper: 0.15mg (7.44%), Vitamin B5: 0.73mg (7.28%), Vitamin K: 6.88µg (6.55%), Fiber: 1.37g (5.48%), Vitamin B1: 0.07mg (4.72%), Folate: 13.11µg (3.28%)