



Mao Pao Tofu

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chile paste with garlic
- ☐ 2 teaspoons cornstarch
- ☐ 2 tablespoons cooking sherry dry divided
- ☐ 14 ounce extra-firm tofu cubed drained
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon ginger fresh minced
- ☐ 2 teaspoons garlic fresh minced
- ☐ 3 tablespoons green onions chopped

- ☐ 0.5 pound ground pork lean
- ☐ 2 tablespoons soya sauce low-sodium divided
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 3.5 ounce boil-in-bag rice
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon water

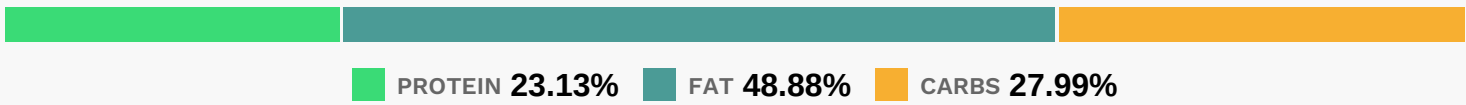
Equipment

- ☐ whisk
- ☐ wok

Directions

- ☐ Cook rice according to directions.
- ☐ Combine 1 tablespoon soy sauce, 1 tablespoon sherry, and pork; set aside.
- ☐ Heat oil in a wok over high heat.
- ☐ Add tofu; stir-fry 3 minutes.
- ☐ Add pork mixture; stir-fry 3 minutes. Stir in onions and next 4 ingredients; stir-fry 30 seconds.
- ☐ Add 1 tablespoon soy sauce, 1 tablespoon sherry, and broth; cook 2 minutes.
- ☐ Combine cornstarch and water; stir with a whisk.
- ☐ Add to wok; cook 30 seconds or until slightly thick, stirring constantly.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:42.05, Glycemic Load:12.44, Inflammation Score:-2, Nutrition Score:10.246521706166%

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: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 379.97kcal (19%), Fat: 20.21g (31.09%), Saturated Fat: 5.61g (35.03%), Carbohydrates: 26.04g (8.68%), Net Carbohydrates: 24.65g (8.96%), Sugar: 1.03g (1.15%), Cholesterol: 40.82mg (13.61%), Sodium: 705.07mg (30.66%), Alcohol: 0.77g (100%), Alcohol %: 0.36% (100%), Protein: 21.52g (43.04%), Vitamin B1: 0.45mg (29.96%), Selenium: 19.31µg (27.59%), Manganese: 0.36mg (18.08%), Vitamin B3: 3.38mg (16.92%), Vitamin B6: 0.31mg (15.64%), Phosphorus: 155.39mg (15.54%), Calcium: 151.52mg (15.15%), Iron: 2.24mg (12.43%), Zinc: 1.65mg (11%), Vitamin B2: 0.19mg (10.96%), Vitamin K: 9.47µg (9.02%), Vitamin B12: 0.51µg (8.51%), Potassium: 282.32mg (8.07%), Vitamin B5: 0.74mg (7.43%), Magnesium: 26.39mg (6.6%), Copper: 0.11mg (5.68%), Fiber: 1.38g (5.54%), Vitamin E: 0.65mg (4.33%), Folate: 12.5µg (3.12%), Vitamin C: 2.44mg (2.96%), Vitamin A: 56.93IU (1.14%)