



250 SIMPLE
RECIPES AND



HEALTH SCORE

100%

Nava
Atlas

Noodles with Stir-Fried Tofu and Broccoli



Vegetarian



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



492 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 large broccoli crowns cut into bite-size pieces
- 0.3 cup stir-fry sauce or to taste
- 1 tablespoon vegetable oil; peanut oil preferred
- 1 pound spicy tofu firm
- 8 ounces udon chinese

Equipment

- frying pan
- paper towels

wok

Directions

- Cut the tofu into 1/2-inch-thick slices. Blot well between several layers of paper towel or clean tea-towels, then cut into 1/2-inch dice.
- Cook the noodles according to package directions and drain.
- Meanwhile, heat the oil in a stir-fry pan, wok, or extra-large skillet.
- Add the tofu and stir-fry over medium-high heat until golden on most sides; transfer to a plate.
- Combine the broccoli and about 1/4 cup of water in the stir-fry pan. Cover and steam until the broccoli is tender-crisp.
- Add the tofu and cooked noodles to the pan along with the stir-fry sauce. Toss gently and thoroughly. Continue to cook just until everything is heated through, and serve.

Menu

Noodles with Stir-Fried Tofu and Broccoli (this page)

Maple-Roasted Carrots (page 20)

Broiled Japanese Eggplant (page 21)

Corn Slaw (page 3)

nutrition information

Calories: 393

Total Fat: 13g

Protein: 16g

Carbohydrate: 52g

Cholesterol: 0mg

Sodium: 375mg

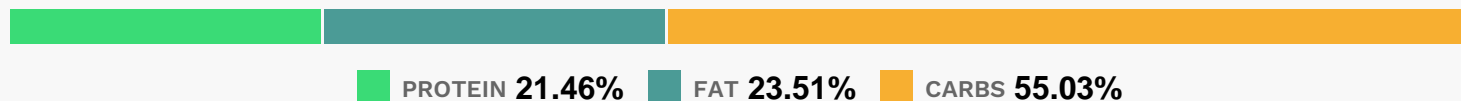
Taste

Book, using the USDA Nutrition Database

From Vegetarian 5-Ingredient Gourmet by Nava Atlas Copyright (c) 2001 by Nava Atlas
Published by Broadway Books. Nava Atlas is the author of nine cookbooks, including The
Vegetarian Family Cookbook, The Vegetarian 5-Ingredient Gourmet, and Vegetarian Soups for

All Seasons. She lives in the Hudson Valley region of New York with her husband and two teenage sons (all vegans).

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:21.2, Inflammation Score:-10, Nutrition Score:32.375217313352%

Flavonoids

Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg Kaempferol: 23.83mg, Kaempferol: 23.83mg, Kaempferol: 23.83mg, Kaempferol: 23.83mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg

Nutrients (% of daily need)

Calories: 492.1kcal (24.6%), Fat: 13.25g (20.39%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 69.77g (23.26%), Net Carbohydrates: 59.14g (21.51%), Sugar: 10.5g (11.67%), Cholesterol: 0mg (0%), Sodium: 386.6mg (16.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.22g (54.44%), Vitamin C: 271.17mg (328.69%), Vitamin K: 310.16µg (295.39%), Selenium: 43.43µg (62.05%), Manganese: 1.16mg (57.92%), Folate: 201.73µg (50.43%), Fiber: 10.63g (42.5%), Vitamin A: 1893.92IU (37.88%), Potassium: 1087.08mg (31.06%), Phosphorus: 307.8mg (30.78%), Vitamin B6: 0.61mg (30.63%), Calcium: 296.53mg (29.65%), Iron: 4.32mg (23.99%), Magnesium: 93.89mg (23.47%), Vitamin B2: 0.39mg (22.92%), Vitamin E: 2.98mg (19.89%), Vitamin B5: 1.99mg (19.86%), Vitamin B1: 0.27mg (17.79%), Copper: 0.31mg (15.64%), Vitamin B3: 2.91mg (14.53%), Zinc: 2.05mg (13.64%)