



Orange Beef-Style Tofu Stir-Fry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



226 kcal

SIDE DISH

Ingredients

- 2 carrots sliced
- 1 teaspoon chili paste depending on your taste pref
- 0.3 cup cornstarch
- 1 teaspoon cornstarch
- 0.5 cup orange juice
- 2 tablespoons soya sauce
- 1 tablespoon sugar
- 16 ounce tofu firm drained cut into strips

- 0.3 cup vegetable oil for frying
- 1 tablespoon vegetable oil
- 0.3 cup water

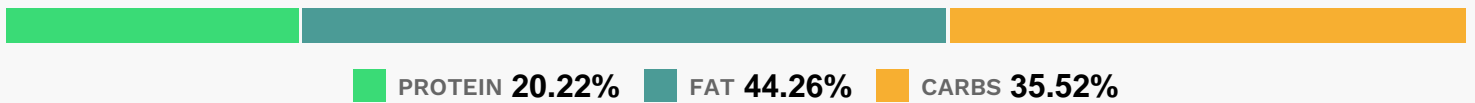
Equipment

- bowl
- paper towels
- wok

Directions

- Heat 1/4 cup oil in a wok over medium-high heat.
- Place the 1/4 cup cornstarch in a dish; press tofu slices in the cornstarch to coat on all sides. Stir-fry in the wok 5 minutes, or until golden brown on all sides.
- Drain tofu on paper towels. Allow wok to cool, and wipe clean.
- In a bowl, mix the soy sauce, orange juice, water, sugar, chili paste, and cornstarch until smooth.
- Heat the remaining 1 tablespoon oil in the wok, and stir-fry the carrots until tender. Form a well in the center of the carrots, and pour in the sauce. Bring sauce to a boil.
- Mix tofu into the wok, and continue cooking until coated with the sauce.

Nutrition Facts



Properties

Glycemic Index:49.73, Glycemic Load:5.03, Inflammation Score:-10, Nutrition Score:9.2943477526955%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 226.49kcal (11.32%), Fat: 11.28g (17.35%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 20.36g (6.79%), Net Carbohydrates: 18.38g (6.68%), Sugar: 7.65g (8.5%), Cholesterol: 0mg (0%), Sodium: 530.42mg (23.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.59g (23.18%), Vitamin A: 5159.82IU (103.2%), Vitamin C: 17.5mg (21.21%), Calcium: 157.92mg (15.79%), Vitamin K: 15.34µg (14.61%), Iron: 1.78mg (9.9%), Fiber: 1.98g (7.91%), Potassium: 183.62mg (5.25%), Manganese: 0.1mg (4.87%), Vitamin E: 0.72mg (4.79%), Folate: 16.84µg (4.21%), Vitamin B3: 0.8mg (4%), Vitamin B6: 0.07mg (3.72%), Vitamin B1: 0.05mg (3.63%), Phosphorus: 29.4mg (2.94%), Magnesium: 11.22mg (2.81%), Vitamin B2: 0.04mg (2.48%), Copper: 0.05mg (2.4%), Vitamin B5: 0.18mg (1.76%)