



Orange-Ginger-Tofu Stir-Fry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



19 min.

SERVINGS



4

CALORIES



345 kcal

SIDE DISH

Ingredients

- 0.8 pound asparagus cut into 1-inch pieces
- 1 teaspoon brown sugar
- 3 cups brown rice hot cooked
- 1.5 teaspoons cornstarch
- 2 teaspoons sesame oil dark
- 1 tablespoon cooking sherry dry
- 1 tablespoon ginger fresh minced peeled
- 3 garlic cloves crushed

- 1.5 cups leek thinly sliced (2 large)
- 8 ounce pre- mushrooms
- 3 tablespoons orange juice concentrate thawed
- 0.5 teaspoon salt
- 10.5 ounce spicy tofu light firm cubed drained
- 2 teaspoons vegetable oil

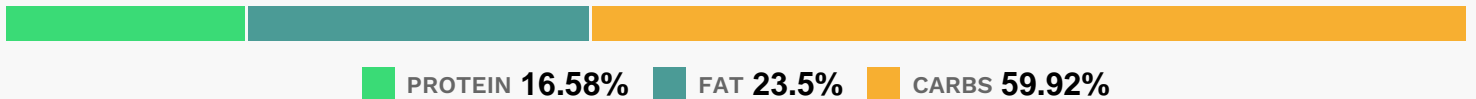
Equipment

- bowl
- frying pan
- wok

Directions

- Combine first 6 ingredients in a small bowl, and set cornstarch mixture aside.
- Heat 2 teaspoons vegetable oil in a stir-fry pan or wok over medium heat.
- Add ginger and garlic; stir-fry 30 seconds.
- Add mushrooms, asparagus, and leek; stir-fry 3 minutes.
- Add cubed tofu; stir-fry 4 minutes. Stir in cornstarch mixture. Bring to a boil; cook 1 minute.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:55.8, Glycemic Load:19.23, Inflammation Score:-8, Nutrition Score:23.484782535097%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg Kaempferol: 2.08mg, Kaempferol:

2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 11.96mg, Quercetin: 11.96mg, Quercetin: 11.96mg, Quercetin: 11.96mg

Nutrients (% of daily need)

Calories: 344.62kcal (17.23%), Fat: 9.19g (14.13%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 52.71g (17.57%), Net Carbohydrates: 46.32g (16.84%), Sugar: 8.6g (9.55%), Cholesterol: 0mg (0%), Sodium: 308.26mg (13.4%), Alcohol: 0.39g (100%), Alcohol %: 0.12% (100%), Protein: 14.59g (29.17%), Manganese: 1.98mg (98.95%), Vitamin K: 55.58µg (52.93%), Vitamin C: 26.83mg (32.52%), Copper: 0.52mg (25.9%), Vitamin B3: 5.11mg (25.56%), Fiber: 6.38g (25.53%), Iron: 4.58mg (25.45%), Vitamin A: 1241.56IU (24.83%), Vitamin B1: 0.37mg (24.82%), Vitamin B6: 0.49mg (24.69%), Magnesium: 96.4mg (24.1%), Vitamin B2: 0.4mg (23.44%), Phosphorus: 228.9mg (22.89%), Folate: 89.92µg (22.48%), Vitamin B5: 1.78mg (17.84%), Potassium: 617.83mg (17.65%), Calcium: 159.38mg (15.94%), Zinc: 1.76mg (11.71%), Selenium: 7.98µg (11.39%), Vitamin E: 1.56mg (10.39%)