



Peanut-Broccoli Stir-fry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups broccoli florets fresh
- ☐ 2 cups brown rice uncooked
- ☐ 1 cup carrot sticks
- ☐ 0.8 teaspoon cornstarch
- ☐ 2 tablespoons creamy peanut butter
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 teaspoon ginger fresh grated
- ☐ 1 tablespoon brown sugar light

- ☐ 2 tablespoons juice of lime fresh
- ☐ 6 servings garnish: lime wedges
- ☐ 2 tablespoons peanuts chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon lite soy sauce
- ☐ 2 tablespoons chili sauce sweet
- ☐ 16 oz spicy tofu firm
- ☐ 1.5 cups vegetable broth
- ☐ 1 tablespoon vegetable oil

Equipment

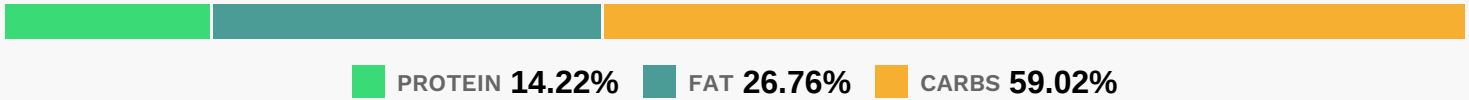
- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Place tofu between 2 flat plates. Weight the top with a heavy can. (Sides of tofu should be bulging slightly but not cracking.)
- ☐ Let stand 45 minutes; discard liquid.
- ☐ Cut tofu into 1/2-inch cubes.
- ☐ Prepare rice according to package directions, adding 1/2 tsp. salt.
- ☐ Meanwhile, combine vegetable broth and next 7 ingredients in a medium bowl, stirring well.
- ☐ Add tofu, and toss to coat.
- ☐ Let stand 10 minutes.
- ☐ Remove tofu from marinade, reserving marinade.
- ☐ Heat oils in a nonstick skillet or wok over high heat 1 minute.
- ☐ Add tofu, and stir-fry 4 to 5 minutes or until browned.
- ☐ Remove tofu.
- ☐ Add broccoli and carrot sticks; stir-fry 2 minutes.

- ☐ Add reserved marinade, and bring to a boil. Cook, stirring constantly, 2 minutes or until thickened; stir in cooked tofu.
- ☐ Serve over hot cooked rice.
- ☐ Sprinkle with chopped peanuts.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:47.97, Glycemic Load:28.87, Inflammation Score:-10, Nutrition Score:21.496087089829%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 415.38kcal (20.77%), Fat: 12.54g (19.3%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 62.25g (20.75%), Net Carbohydrates: 57.42g (20.88%), Sugar: 7.62g (8.47%), Cholesterol: 0mg (0%), Sodium: 707.68mg (30.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15g (30%), Manganese: 2.65mg (132.48%), Vitamin A: 3881.06IU (77.62%), Vitamin C: 30.12mg (36.51%), Vitamin K: 38.07µg (36.25%), Magnesium: 116.77mg (29.19%), Phosphorus: 230.71mg (23.07%), Vitamin B3: 4.5mg (22.52%), Vitamin B6: 0.45mg (22.49%), Vitamin B1: 0.33mg (22.03%), Fiber: 4.83g (19.33%), Iron: 2.66mg (14.76%), Calcium: 146.31mg (14.63%), Vitamin B5: 1.32mg (13.16%), Copper: 0.26mg (13.02%), Folate: 49.59µg (12.4%), Potassium: 406.05mg (11.6%), Zinc: 1.68mg (11.21%), Vitamin E: 1.07mg (7.15%), Vitamin B2: 0.1mg (5.61%), Selenium: 1.31µg (1.86%)