

Rainbow Stir-Fry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



135 kcal

SIDE DISH

Ingredients

- 3 carrots peeled sliced
- 1 cup celery thinly sliced
- 0.5 package tofu drained cut into cubes (8 ounces)
- 2 tablespoons ginger minced
- 1 large bell pepper green thinly sliced
- 1 large onion sliced
- 0.5 head cabbage thinly sliced
- 0.5 teaspoon sesame oil

0.3 cup soya sauce to taste (or)

1 tablespoon water

Equipment

bowl

frying pan

Directions

Mix the 1 tablespoon soy sauce, water, and sesame oil in a large bowl.

Add the tofu and marinate for about 15 minutes.

Heat a non-stick skillet and sauté the tofu until brown on all sides.

Remove from pan and set aside.

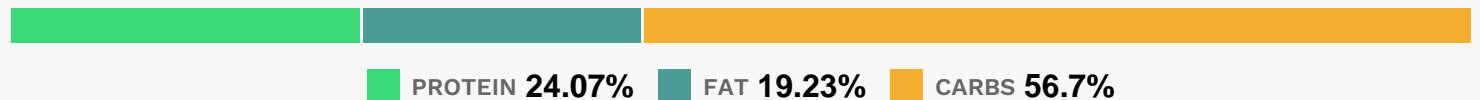
Put the onion and green pepper into the pan and stir-fry for three minutes.

Add the carrots and cabbage and cook until cabbage begins to wilt, about 7 minutes.

Add the remaining ingredients and the tofu, stir well, and cook 3 more minutes. Turn off the heat and serve over rice.

Serves 4.

Nutrition Facts



Properties

Glycemic Index:48.21, Glycemic Load:4.52, Inflammation Score:-10, Nutrition Score:19.72782610292%

Flavonoids

Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg Luteolin: 2.36mg, Luteolin: 2.36mg, Luteolin: 2.36mg, Luteolin: 2.36mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg

Nutrients (% of daily need)

Calories: 135.4kcal (6.77%), Fat: 3.14g (4.83%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 20.83g (6.94%), Net Carbohydrates: 15.03g (5.47%), Sugar: 9.55g (10.61%), Cholesterol: 0mg (0%), Sodium: 895.4mg (38.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.69%), Vitamin A: 9079.22IU (181.58%), Vitamin C: 99.17mg (120.21%), Vitamin K: 56.76µg (54.05%), Manganese: 0.52mg (26.25%), Vitamin B6: 0.47mg (23.62%), Fiber: 5.8g (23.21%), Potassium: 638.66mg (18.25%), Calcium: 150.41mg (15.04%), Folate: 50.88µg (12.72%), Iron: 2.2mg (12.24%), Vitamin B1: 0.15mg (10.18%), Magnesium: 40.24mg (10.06%), Vitamin B2: 0.16mg (9.3%), Phosphorus: 92.65mg (9.27%), Vitamin B3: 1.81mg (9.04%), Copper: 0.12mg (5.85%), Vitamin B5: 0.49mg (4.9%), Vitamin E: 0.66mg (4.41%), Zinc: 0.56mg (3.77%), Selenium: 1.1µg (1.58%)