



 **38%**
HEALTH SCORE

Red Curried Tofu

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bell pepper yellow
- 14.5 ounce canned tomatoes diced undrained canned
- 0.5 teaspoon chili paste depending on your taste pref with garlic
- 1.5 teaspoons curry powder
- 2 teaspoons sesame oil dark
- 0.3 cup cilantro leaves fresh minced
- 1 teaspoon ground coriander
- 0.5 teaspoon turmeric

- 1 tablespoon honey
- 1 tablespoon soy sauce low-sodium
- 2.5 cups onion red vertically sliced
- 1 cup rice long-grain uncooked
- 0.3 cup roasted cashews chopped
- 0.5 teaspoon salt
- 12.3 ounce tofu firm drained cut into 1-inch cubes reduced-fat

Equipment

- frying pan

Directions

- Prepare rice according to package directions, omitting salt and fat.
- While rice is cooking, heat oil in a nonstick skillet over medium-high heat.
- Add onion and bell pepper; saut 4 minutes or until tender. Stir in curry, coriander, turmeric, and salt; cook 2 minutes.
- Add soy sauce and the next 4 ingredients (soy sauce through tofu). Bring to a boil; reduce heat, and simmer for 2 minutes or until thoroughly heated.
- Serve the tofu mixture over rice, and sprinkle with cilantro and cashews.

Nutrition Facts

■ PROTEIN **15.05%** ■ FAT **22.73%** ■ CARBS **62.22%**

Properties

Glycemic Index:58.86, Glycemic Load:28.89, Inflammation Score:-10, Nutrition Score:19.184347712475%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 21.22mg, Quercetin: 21.22mg, Quercetin: 21.22mg, Quercetin: 21.22mg

Nutrients (% of daily need)

Calories: 415.74kcal (20.79%), Fat: 10.82g (16.64%), Saturated Fat: 1.71g (10.71%), Carbohydrates: 66.61g (22.2%), Net Carbohydrates: 60.48g (21.99%), Sugar: 13.93g (15.48%), Cholesterol: 0mg (0%), Sodium: 583.71mg (25.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.12g (32.23%), Vitamin C: 85.86mg (104.07%), Manganese: 1.02mg (51.1%), Copper: 0.58mg (28.92%), Fiber: 6.12g (24.5%), Iron: 4.16mg (23.09%), Vitamin B6: 0.46mg (22.89%), Calcium: 197.89mg (19.79%), Potassium: 676.26mg (19.32%), Magnesium: 76.09mg (19.02%), Phosphorus: 178.96mg (17.9%), Folate: 55.45µg (13.86%), Selenium: 9.56µg (13.66%), Vitamin B3: 2.69mg (13.43%), Vitamin B1: 0.19mg (12.62%), Vitamin K: 13.03µg (12.41%), Vitamin E: 1.68mg (11.19%), Zinc: 1.61mg (10.73%), Vitamin B5: 1.07mg (10.67%), Vitamin B2: 0.15mg (8.67%), Vitamin A: 373.57IU (7.47%)