



Red Curry Tofu Stir-Fry

 **Gluten Free**  **Dairy Free**

READY IN



41 min.

SERVINGS



5

CALORIES



291 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounces asparagus spears
- 0.7 cup rice uncooked
- 1 tablespoon cooking sherry dry
- 14 ounce extra-firm tofu drained
- 2 tablespoons fish sauce
- 1 teaspoon ginger fresh grated peeled
- 2 tablespoons brown sugar light
- 13.5 ounce coconut milk light canned

- 0.5 cup onion chopped
- 2 teaspoons vegetable oil; peanut oil preferred
- 8 ounces mushroom caps stemmed sliced
- 1.5 teaspoons thai curry paste red

Equipment

- bowl
- frying pan
- paper towels
- whisk

Directions

- Wrap tofu blocks in several layers of heavy-duty paper towels. Press with a heavy object for about 30 minutes to remove excess water.
- Remove paper towels, pat tofu dry, and cut into 1-inch cubes; set aside.
- Combine coconut milk and next 5 ingredients in a bowl; stir well with a whisk.
- Add tofu to coconut milk mixture. Cover and chill 1 hour.
- Cook rice according to package directions, omitting salt and fat.
- Drain tofu well, reserving marinade. Snap off tough ends of asparagus.
- Cut asparagus into 2-inch pieces.
- Heat a large nonstick skillet over medium-high heat.
- Add peanut oil and tofu; cook 5 minutes, turning cubes until lightly browned on all sides.
- Transfer tofu to a serving bowl.
- Add asparagus, mushrooms, and onion to pan; stir-fry 3 minutes.
- Add reserved marinade to pan; cook, stirring constantly, 5 minutes or until thick.
- Pour vegetable mixture over tofu, tossing gently.
- Serve immediately over hot cooked basmati rice.

Nutrition Facts



■ PROTEIN 16.01% ■ FAT 33.95% ■ CARBS 50.04%

Properties

Glycemic Index:39.44, Glycemic Load:13.28, Inflammation Score:-6, Nutrition Score:9.9904346906621%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg 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: 3.39mg, Isorhamnetin: 3.39mg, Isorhamnetin: 3.39mg, Isorhamnetin: 3.39mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.59mg, Quercetin: 9.59mg, Quercetin: 9.59mg, Quercetin: 9.59mg

Nutrients (% of daily need)

Calories: 290.8kcal (14.54%), Fat: 10.76g (16.55%), Saturated Fat: 5.88g (36.76%), Carbohydrates: 35.68g (11.89%), Net Carbohydrates: 32.31g (11.75%), Sugar: 7.94g (8.82%), Cholesterol: 0mg (0%), Sodium: 640.59mg (27.85%), Alcohol: 0.31g (100%), Alcohol %: 0.13% (100%), Protein: 11.42g (22.83%), Manganese: 0.49mg (24.46%), Vitamin K: 18.98µg (18.08%), Vitamin B3: 2.79mg (13.97%), Iron: 2.48mg (13.78%), Fiber: 3.38g (13.51%), Vitamin B6: 0.27mg (13.32%), Calcium: 131.12mg (13.11%), Selenium: 8.15µg (11.65%), Vitamin A: 580.35IU (11.61%), Vitamin B5: 1.09mg (10.91%), Phosphorus: 108.77mg (10.88%), Copper: 0.22mg (10.88%), Vitamin B2: 0.18mg (10.79%), Folate: 38.29µg (9.57%), Magnesium: 36.69mg (9.17%), Potassium: 312.15mg (8.92%), Zinc: 1.03mg (6.86%), Vitamin B1: 0.1mg (6.49%), Vitamin E: 0.8mg (5.3%), Vitamin C: 3.91mg (4.73%), Vitamin D: 0.18µg (1.21%)