



Sautéed Vegetables and Spicy Tofu



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



185 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon crushed red pepper red crushed
- ☐ 2 large garlic cloves pressed
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil divided
- ☐ 1 cup red bell pepper red thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 16 ounce spicy tofu drained
- ☐ 1 large zucchini halved lengthwise thin

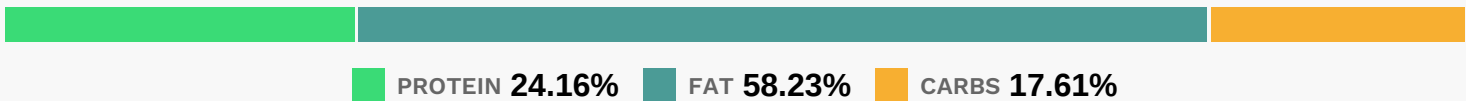
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Place tofu on several layers of heavy-duty paper towels. Cover tofu with additional paper towels; gently press out moisture.
- ☐ Cut tofu into 1/2-inch cubes.
- ☐ Combine 1 tablespoon oil and next 4 ingredients in a medium bowl. Set aside.
- ☐ Heat remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add tofu, zucchini, and bell pepper; stir-fry 8 to 10 minutes or until tofu is browned and vegetables are crisp-tender.
- ☐ Add oil mixture; cook 1 minute, stirring gently.
- ☐ Serve with lemon wedges, if desired.
- ☐ Make-it-faster
- ☐ Reduce meal prep time by using jarred, prepeeled garlic cloves instead of peeling them yourself. Look for them in the refrigerated produce section at your supermarket.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.12, Inflammation Score:0, Nutrition Score:10.423478328663%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 184.78kcal (9.24%), Fat: 12.4g (19.08%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 5.85g (2.13%), Sugar: 4.14g (4.6%), Cholesterol: 0mg (0%), Sodium: 305.69mg (13.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.58g (23.15%), Vitamin C: 65.51mg (79.4%), Vitamin A: 1365.44IU (27.31%), Calcium: 161.1mg (16.11%), Vitamin B6: 0.26mg (13.23%), Vitamin E: 1.75mg (11.69%), Manganese: 0.21mg (10.68%), Iron: 1.91mg (10.64%), Fiber: 2.59g (10.38%), Folate: 38.1µg (9.52%), Vitamin K: 9.67µg (9.21%), Potassium: 305.66mg (8.73%), Vitamin B2: 0.11mg (6.56%), Magnesium: 20.02mg (5.01%), Phosphorus: 43.64mg (4.36%), Vitamin B1: 0.06mg (4.1%), Vitamin B3: 0.76mg (3.8%), Vitamin B5: 0.3mg (3.03%), Copper: 0.06mg (2.81%), Zinc: 0.38mg (2.53%)