



Seitan Stir-Fry with Black Bean Garlic Sauce

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons black bean garlic sauce (such as Lee Kum Kee)
- 2 tablespoons canola oil divided
- 2 cups brown rice hot cooked
- 2 teaspoons cornstarch
- 1 ounce shiitake mushrooms dried
- 1 tablespoon ginger fresh peeled finely chopped
- 1 tablespoon garlic finely chopped
- 4 cups green beans (2-inch) (1 pound)

- 2 tablespoons rice wine chinese
- 0.3 teaspoon salt
- 8 ounces seitan drained thinly sliced
- 2 cups water boiling

Equipment

- bowl
- frying pan
- whisk
- wok
- colander

Directions

- Combine 2 cups boiling water and mushrooms in a small bowl; cover and let stand for 20 minutes.
- Drain in a colander over a bowl, reserving 1/2 cup soaking liquid. Rinse mushrooms; drain well. Discard mushroom stems; thinly slice mushroom caps.
- Combine reserved liquid, rice wine, black bean sauce, and cornstarch in a small bowl; stir with a whisk, and set mixture aside.
- Heat 1 tablespoon canola oil in a large nonstick skillet or wok over medium-high heat.
- Add seitan to pan, and stir-fry 2 minutes or until lightly browned.
- Place seitan in a medium bowl.
- Heat remaining 1 tablespoon oil in pan over medium-high heat.
- Add garlic and ginger to pan; stir-fry for 30 seconds.
- Add mushrooms and beans; cover and cook 3 minutes.
- Add black bean sauce mixture to pan; cook 1 minute or until sauce slightly thickens.
- Add seitan to pan; cook 1 minute, stirring occasionally.
- Combine rice and salt; serve seitan mixture over rice.
- Garnish with cilantro sprigs, if desired.

Nutrition Facts

PROTEIN 22.27% FAT 25.56% CARBS 52.17%

Properties

Glycemic Index:35.8, Glycemic Load:13.44, Inflammation Score:0, Nutrition Score:17.529130495113%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 314.01kcal (15.7%), Fat: 9.03g (13.89%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 41.44g (13.81%), Net Carbohydrates: 34.71g (12.62%), Sugar: 4.64g (5.15%), Cholesterol: 0mg (0%), Sodium: 414.23mg (18.01%), Alcohol: 1.21g (100%), Alcohol %: 0.37% (100%), Protein: 17.69g (35.39%), Manganese: 1.43mg (71.44%), Vitamin K: 52.33µg (49.83%), Copper: 0.55mg (27.55%), Fiber: 6.73g (26.91%), Vitamin B5: 2.2mg (21.96%), Magnesium: 82.67mg (20.67%), Vitamin B6: 0.4mg (19.82%), Vitamin C: 14.38mg (17.43%), Vitamin B3: 3.13mg (15.65%), Vitamin A: 759.18IU (15.18%), Iron: 2.7mg (14.98%), Vitamin B1: 0.22mg (14.36%), Phosphorus: 141.95mg (14.19%), Folate: 52µg (13%), Vitamin B2: 0.22mg (12.88%), Potassium: 435.06mg (12.43%), Vitamin E: 1.68mg (11.21%), Zinc: 1.45mg (9.7%), Selenium: 4.36µg (6.22%), Calcium: 59.16mg (5.92%), Vitamin D: 0.28µg (1.84%)