



HEALTH SCORE

58%

## Sesame Tofu Stir-Fry over Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 cups asparagus (2-inch) (1 pound)
- ☐ 1 tablespoon sesame seeds black
- ☐ 1 teaspoon sriracha (such as Lee Kum Kee)
- ☐ 2 cups brown rice long-grain cooked
- ☐ 1 teaspoon cornstarch
- ☐ 2 teaspoons sesame oil dark
- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 0.3 cup spring onion thinly sliced

- ☐ 2 tablespoons hoisin sauce
- ☐ 1.5 tablespoons soy sauce low-sodium
- ☐ 2 teaspoons vegetable oil; peanut oil preferred
- ☐ 0.5 teaspoon salt divided
- ☐ 1 tablespoon sesame seed
- ☐ 0.8 pound mushroom caps thinly sliced
- ☐ 1 pound spicy tofu firm drained cut into 1-inch cubes

## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Combine sesame seeds and 1/4 teaspoon salt in a large bowl.
- ☐ Add the tofu cubes; toss gently to coat.
- ☐ Combine oils in a large nonstick skillet over medium-high heat.
- ☐ Add tofu; stir-fry 5 minutes or until tofu is golden.
- ☐ Remove tofu from pan; keep warm.
- ☐ Return pan to heat; coat with cooking spray.
- ☐ Add mushrooms; stir-fry 3 minutes or until mushrooms begin to brown.
- ☐ Add asparagus; stir-fry 4 minutes or until asparagus is crisp-tender. Reduce heat to medium; stir in green onions.
- ☐ Combine broth and next 4 ingredients (broth through garlic sauce).
- ☐ Add broth mixture to pan; remove from heat (sauce will thicken).
- ☐ Add tofu and remaining 1/4 teaspoon salt; toss gently to combine.
- ☐ Serve over rice.

## Nutrition Facts



 PROTEIN **21.06%**  FAT **32.62%**  CARBS **46.32%**

Properties

Glycemic Index:45.25, Glycemic Load:2.25, Inflammation Score:-8, Nutrition Score:22.822608520155%

Flavonoids

Isorhamnetin: 5.73mg, Isorhamnetin: 5.73mg, Isorhamnetin: 5.73mg, Isorhamnetin: 5.73mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Quercetin: 14.72mg, Quercetin: 14.72mg, Quercetin: 14.72mg, Quercetin: 14.72mg

Nutrients (% of daily need)

Calories: 338.29kcal (16.91%), Fat: 12.74g (19.6%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 40.71g (13.57%), Net Carbohydrates: 32.86g (11.95%), Sugar: 7.23g (8.03%), Cholesterol: 0.24mg (0.08%), Sodium: 834.31mg (36.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.51g (37.02%), Manganese: 1.4mg (69.75%), Vitamin K: 55.66µg (53.01%), Vitamin B3: 6.3mg (31.52%), Fiber: 7.85g (31.42%), Copper: 0.6mg (29.79%), Iron: 5.15mg (28.62%), Phosphorus: 272.1mg (27.21%), Selenium: 18.94µg (27.06%), Vitamin B6: 0.54mg (26.8%), Vitamin B2: 0.4mg (23.72%), Magnesium: 94.66mg (23.67%), Calcium: 226.5mg (22.65%), Folate: 79.86µg (19.97%), Vitamin B1: 0.29mg (19.32%), Vitamin B5: 1.89mg (18.94%), Potassium: 578.68mg (16.53%), Vitamin A: 822.93IU (16.46%), Zinc: 2.45mg (16.32%), Vitamin E: 1.6mg (10.66%), Vitamin C: 6.84mg (8.28%), Vitamin D: 0.34µg (2.27%)