



Soupy Noodles with Silken Tofu and Bok Choy

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



132 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups bok choy chopped (1 bunch)
- ☐ 8 servings stir-fry broth
- ☐ 2.5 cups noodles hot chinese-style cooked uncooked (4 ounces pasta)
- ☐ 1 tablespoon sesame oil dark divided
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 garlic cloves chopped
- ☐ 1 tablespoon soya sauce low-sodium

- ☐ 0.5 teaspoon salt
- ☐ 12.3 ounce spicy tofu firm drained cut into 1/2-inch cubes

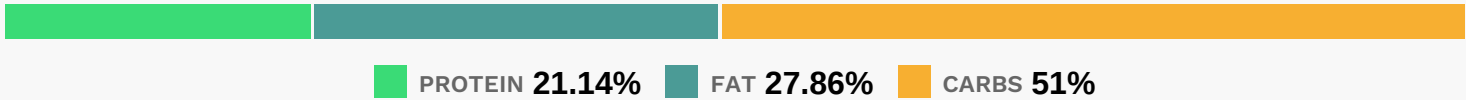
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Bring Stir-Fry Broth to a simmer in a large saucepan (do not boil).
- ☐ Remove mushrooms with a slotted spoon; set aside. Keep broth warm.
- ☐ Heat 2 teaspoons sesame oil in a large nonstick skillet over medium-high heat.
- ☐ Add tofu; stir-fry 5 minutes or until lightly browned.
- ☐ Remove from pan.
- ☐ Heat 1 teaspoon sesame oil in pan.
- ☐ Add bok choy, ginger, and garlic; stir-fry 1 minute.
- ☐ Add 1/2 cup broth and mushrooms; cook 1 minute. Stir in noodles, soy sauce, and salt. Divide vegetable mixture evenly among 8 bowls; top with tofu and remaining broth.
- ☐ Sprinkle with cilantro.
- ☐ Drizzle with chili oil, if desired.

Nutrition Facts



Properties

Glycemic Index:23.19, Glycemic Load:6.72, Inflammation Score:-9, Nutrition Score:9.1456521231195%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 131.86kcal (6.59%), Fat: 4.14g (6.36%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 17.04g (5.68%), Net Carbohydrates: 15.43g (5.61%), Sugar: 2.99g (3.33%), Cholesterol: 0mg (0%), Sodium: 1194.28mg (51.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.12%), Vitamin A: 2913.8IU (58.28%), Vitamin C: 24.17mg (29.3%), Vitamin K: 27.24µg (25.94%), Selenium: 10.09µg (14.41%), Calcium: 115.04mg (11.5%), Manganese: 0.23mg (11.47%), Folate: 38.84µg (9.71%), Iron: 1.48mg (8.21%), Vitamin B6: 0.14mg (6.76%), Fiber: 1.61g (6.44%), Potassium: 167.38mg (4.78%), Magnesium: 18.79mg (4.7%), Phosphorus: 45.97mg (4.6%), Vitamin B2: 0.05mg (3.04%), Copper: 0.06mg (2.77%), Vitamin B3: 0.46mg (2.28%), Zinc: 0.32mg (2.13%), Vitamin B1: 0.03mg (2.1%), Vitamin B5: 0.11mg (1.06%)