



Spicy Stir-Fried Tofu with Snow Peas, Peanut Butter, and Mushrooms



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper strips red
- ☐ 2 teaspoons canola oil
- ☐ 1 teaspoon cornstarch
- ☐ 2 tablespoons creamy peanut butter
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup green onions sliced

- ☐ 0.3 teaspoon salt
- ☐ 8 ounces mushroom caps sliced
- ☐ 0.8 pound snow peas trimmed
- ☐ 2 teaspoons sriracha (such as huy fong) hot
- ☐ 2 tablespoons tamari sauce reduced-sodium
- ☐ 14 ounce extrafirm tofu drained cut into 1-inch cubes
- ☐ 0.8 cup water divided

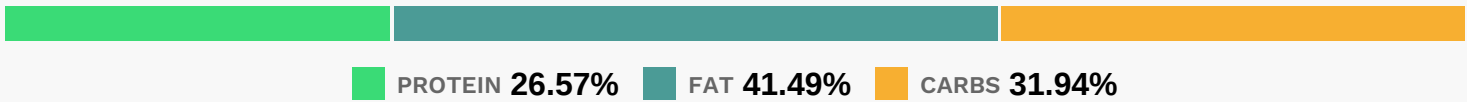
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Place tofu cubes on several layers of paper towels. Cover with additional paper towels; let stand 5 minutes.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add tofu to pan; cook 7 minutes or until lightly browned, gently turning occasionally.
- ☐ Remove from pan; keep warm.
- ☐ Add snow peas, bell pepper, 1/4 cup water, onions, ginger, and garlic to pan; stir-fry 3 minutes.
- ☐ Add mushrooms; stir-fry 2 minutes.
- ☐ Combine remaining 1/2 cup water, tamari, peanut butter, cornstarch, Sriracha, and salt in a small bowl; stir well.
- ☐ Add tamari mixture and tofu to pan; cook 1 minute or until thickened, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:2.08, Inflammation Score:-9, Nutrition Score:21.126087116159%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 228.03kcal (11.4%), Fat: 11.07g (17.03%), Saturated Fat: 1.52g (9.47%), Carbohydrates: 19.17g (6.39%), Net Carbohydrates: 13.12g (4.77%), Sugar: 7.95g (8.84%), Cholesterol: 0mg (0%), Sodium: 753.87mg (32.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.95g (31.9%), Vitamin C: 103.07mg (124.94%), Vitamin K: 50.49µg (48.08%), Vitamin A: 2218.78IU (44.38%), Manganese: 0.59mg (29.54%), Vitamin B6: 0.5mg (24.75%), Fiber: 6.05g (24.19%), Vitamin B3: 4.58mg (22.91%), Iron: 3.93mg (21.86%), Folate: 77µg (19.25%), Calcium: 183.53mg (18.35%), Vitamin B5: 1.75mg (17.48%), Phosphorus: 164.63mg (16.46%), Vitamin B2: 0.27mg (15.61%), Potassium: 532.85mg (15.22%), Magnesium: 57.21mg (14.3%), Vitamin E: 2.07mg (13.83%), Vitamin B1: 0.18mg (12.23%), Copper: 0.22mg (11.25%), Zinc: 1.23mg (8.17%), Selenium: 4.57µg (6.53%), Vitamin D: 0.23µg (1.51%)