






 **73%**
HEALTH SCORE

Spicy Thai Tofu with Red Bell Peppers and Peanuts

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular

READY IN

15 min.

SERVINGS

4

CALORIES

366 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 6 ounce baby spinach
- 14 ounce tofu drained cut into 1-inch cubes well
- 0.3 cup basil fresh chopped
- 3 tablespoons ginger fresh minced peeled
- 3 large garlic clove finely chopped
- 3 spring onion thinly sliced
- 2 tablespoons juice of lime fresh

- 0.3 cup olive oil
- 2 large bell pepper red seeded thinly sliced
- 0.5 teaspoon pepper dried red crushed
- 0.3 cup roasted peanuts salted
- 3 tablespoons soya sauce

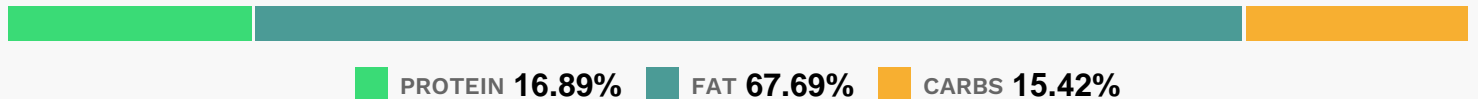
Equipment

- wok

Directions

- Heat oil in wok over high heat.
- Add bell peppers, ginger, and garlic; sauté until peppers just begin to soften, about 2 minutes.
- Add tofu and green onions; toss 2 minutes.
- Add next 3 ingredients. Toss to blend, about 1 minute.
- Add spinach in 3 additions, tossing until beginning to wilt, about 1 minute for each addition.
- Mix in basil. Season with salt and pepper.
- Sprinkle peanuts over.
- Per serving: 370 calories, 29g fat (4g saturated), 0mg cholesterol, 806mg sodium, 16g carbohydrates, 5g fiber, 16g protein
- Nutrition Data
- See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:2.03, Inflammation Score:-10, Nutrition Score:26.540000013683%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 2.86mg, Kaempferol: 2.86mg, Kaempferol: 2.86mg, Kaempferol: 2.86mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 365.59kcal (18.28%), Fat: 28.88g (44.43%), Saturated Fat: 4g (24.99%), Carbohydrates: 14.79g (4.93%), Net Carbohydrates: 9.61g (3.5%), Sugar: 4.62g (5.14%), Cholesterol: 0mg (0%), Sodium: 854.83mg (37.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.22g (32.43%), Vitamin K: 247.53µg (235.74%), Vitamin C: 122.18mg (148.09%), Vitamin A: 6828.23IU (136.56%), Manganese: 0.92mg (45.99%), Folate: 146.56µg (36.64%), Vitamin E: 4.94mg (32.96%), Vitamin B6: 0.43mg (21.63%), Fiber: 5.18g (20.71%), Iron: 3.71mg (20.62%), Calcium: 203.72mg (20.37%), Magnesium: 76.15mg (19.04%), Vitamin B3: 3.62mg (18.1%), Potassium: 608.72mg (17.39%), Phosphorus: 118.27mg (11.83%), Vitamin B2: 0.2mg (11.61%), Copper: 0.21mg (10.31%), Vitamin B1: 0.14mg (9.19%), Zinc: 0.84mg (5.63%), Vitamin B5: 0.55mg (5.54%), Selenium: 2µg (2.86%)