



Stir-Fried Bok Choy and Mizuna with Tofu



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



228 kcal

SIDE DISH

Ingredients

- ☐ 4 baby bok choy separated
- ☐ 14 ounce tofu drained
- ☐ 1 tablespoon ginger fresh peeled finely chopped
- ☐ 2 garlic clove finely chopped
- ☐ 4 spring onion chopped
- ☐ 8 ounces mizuna loosely packed
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 4 teaspoons sesame oil divided

- ☐ 3.5 tablespoons soya sauce divided
- ☐ 3.5 teaspoons rice vinegar divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Whisk 2 tablespoons soy sauce, 2 teaspoons sesame oil, and 1/2 teaspoon vinegar in bowl.
- ☐ Stack 2 paper towels on work surface.
- ☐ Cut tofu crosswise into 3/4-inch-thick slices; cut each slice crosswise in half. Arrange tofu on paper towels and let stand 10 minutes. Pat top of tofu dry.
- ☐ Heat peanut oil in large nonstick skillet over medium-high heat.
- ☐ Add tofu and cook, without moving, until golden brown on bottom, 2 to 3 minutes per side.
- ☐ Transfer tofu to paper towel to drain, then place tofu on sheet of foil and brush both sides with soy sauce mixture.
- ☐ Wipe out any peanut oil from skillet.
- ☐ Add 2 teaspoons sesame oil and place skillet over medium heat.
- ☐ Add green onions, ginger, and garlic. Stir until fragrant, about 30 seconds.
- ☐ Add remaining 1 1/2 tablespoons soy sauce and 3 teaspoons vinegar, then bok choy. Toss until bok choy wilts, 1 to 2 minutes.
- ☐ Add mizuna in 2 batches, tossing to wilt before adding more, 1 to 2 minutes per batch. Season greens with salt and pepper.
- ☐ Add tofu to skillet. Toss gently to blend.
- ☐ Transfer to platter.

Nutrition Facts



 PROTEIN **23.19%**  FAT **60.16%**  CARBS **16.65%**

Properties

Glycemic Index:47.25, Glycemic Load:0.97, Inflammation Score:-10, Nutrition Score:19.719130412392%

Flavonoids

Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg Kaempferol: 21.88mg, Kaempferol: 21.88mg, Kaempferol: 21.88mg, Kaempferol: 21.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

Nutrients (% of daily need)

Calories: 228.3kcal (11.41%), Fat: 15.66g (24.1%), Saturated Fat: 2.26g (14.15%), Carbohydrates: 9.76g (3.25%), Net Carbohydrates: 5.51g (2.01%), Sugar: 2.77g (3.08%), Cholesterol: 0mg (0%), Sodium: 971.04mg (42.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.58g (27.17%), Vitamin K: 171.74µg (163.57%), Vitamin A: 6862.85IU (137.26%), Vitamin C: 93.35mg (113.15%), Calcium: 328.58mg (32.86%), Iron: 3.53mg (19.59%), Fiber: 4.24g (16.97%), Vitamin E: 2.37mg (15.78%), Potassium: 297.6mg (8.5%), Vitamin B6: 0.16mg (8.11%), Magnesium: 28.01mg (7%), Copper: 0.13mg (6.67%), Manganese: 0.13mg (6.46%), Phosphorus: 60.87mg (6.09%), Vitamin B3: 1.16mg (5.81%), Vitamin B2: 0.1mg (5.77%), Folate: 17.56µg (4.39%), Vitamin B1: 0.06mg (4.31%), Vitamin B5: 0.2mg (2%), Zinc: 0.28mg (1.87%), Selenium: 0.96µg (1.36%)