



Stir-Fried Bok Choy with Tofu



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 large bok choy
- ☐ 2 tablespoons cornstarch
- ☐ 2 tablespoons oyster sauce
- ☐ 0.5 teaspoon salt
- ☐ 3 shallots
- ☐ 14 ounces tofu firm
- ☐ 2 tablespoons vegetable oil

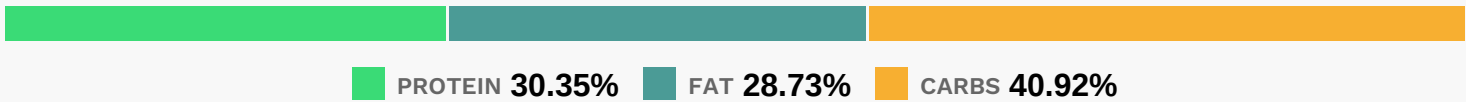
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Remove leaves from bok choy stems.
- ☐ Cut leaves into 2-inch pieces; cut stems into 1/4-inch diagonal slices (do not combine leaves and stems).
- ☐ Cut tofu into 1/4-inch slices. Coat tofu with cornstarch.
- ☐ Cut shallots into thin slices.
- ☐ Heat wok or 12-inch skillet over high heat.
- ☐ Add 2 tablespoons vegetable oil; rotate wok to coat side.
- ☐ Add 2 pieces tofu; cook 1 minute, turning once. Repeat with remaining tofu, removing tofu as necessary. Return tofu to wok.
- ☐ Add oyster sauce; toss until tofu is evenly coated.
- ☐ Remove tofu from wok.
- ☐ Heat wok over high heat.
- ☐ Add 2 tablespoons vegetable oil; rotate wok to coat side.
- ☐ Add shallots; stir-fry 30 seconds.
- ☐ Add bok choy stems and salt; stir-fry 1 minute.
- ☐ Add tofu and bok choy leaves; cover and cook 1 minute.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.99, Inflammation Score:-10, Nutrition Score:58.376956706462%

Flavonoids

Apigenin: 4.03mg, Apigenin: 4.03mg, Apigenin: 4.03mg, Apigenin: 4.03mg Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg Kaempferol: 72.74mg, Kaempferol: 72.74mg, Kaempferol: 72.74mg, Kaempferol: 72.74mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 34.61mg, Quercetin:

34.61mg, Quercetin: 34.61mg, Quercetin: 34.61mg

Nutrients (% of daily need)

Calories: 395.19kcal (19.76%), Fat: 14.57g (22.41%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 46.69g (15.56%), Net Carbohydrates: 28.43g (10.34%), Sugar: 21.6g (24%), Cholesterol: 0mg (0%), Sodium: 1634.96mg (71.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.63g (69.26%), Vitamin A: 75063.15IU (1501.26%), Vitamin C: 757.51mg (918.19%), Vitamin K: 777.06µg (740.05%), Folate: 1116.53µg (279.13%), Calcium: 1898.11mg (189.81%), Vitamin B6: 3.33mg (166.27%), Manganese: 2.73mg (136.68%), Potassium: 4301.27mg (122.89%), Iron: 14.89mg (82.75%), Magnesium: 323.63mg (80.91%), Fiber: 18.26g (73.03%), Vitamin B2: 1.19mg (70.05%), Phosphorus: 635.35mg (63.53%), Vitamin B1: 0.68mg (45.61%), Vitamin B3: 8.57mg (42.85%), Zinc: 3.28mg (21.86%), Copper: 0.38mg (19.24%), Vitamin B5: 1.53mg (15.34%), Vitamin E: 2.08mg (13.84%), Selenium: 9.13µg (13.05%)