



Stir-fried Eggplant and Tofu

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



272 kcal

SIDE DISH

Ingredients

- 1 pound eggplant cut into 1- by 3-in. strips
- 0.3 cup basil leaves fresh
- 2 garlic cloves minced
- 0.3 cup soya sauce reduced-sodium
- 2 tablespoons oyster sauce
- 1 small bell pepper green red cut into 1-in. pieces
- 2 tablespoons sugar
- 18 oz spicy tofu firm drained cut into 1 1/2- by 2-in. chunks

3 tablespoons vegetable oil

Equipment

frying pan

slotted spoon

Directions

Heat oil in a large nonstick frying pan over high heat, add tofu, and gently cook, turning tofu occasionally, until browned slightly, about 5 minutes. Use a slotted spoon to transfer tofu to a plate.

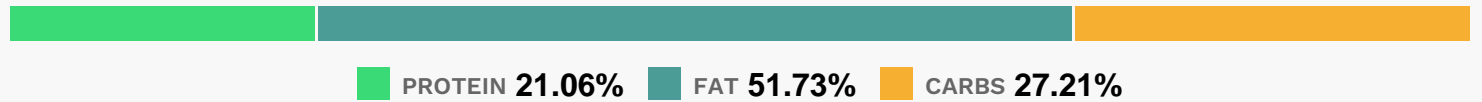
Cook garlic, eggplant, and bell pepper in pan until softened, stirring occasionally, 8 to 10 minutes.

Add soy sauce, sugar, and oyster sauce and cook until heated through, another 2 minutes. Return tofu to pan and gently stir to coat.

Remove from heat and stir in basil leaves.

Serve over rice.

Nutrition Facts



Properties

Glycemic Index:56.27, Glycemic Load:5.66, Inflammation Score:-5, Nutrition Score:9.327391334202%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 271.76kcal (13.59%), Fat: 16.17g (24.88%), Saturated Fat: 2.26g (14.1%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 14.17g (5.15%), Sugar: 10.94g (12.16%), Cholesterol: 0mg (0%), Sodium: 1019mg (44.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.81g (29.62%), Vitamin K: 30.35µg (28.9%), Vitamin C: 18.12mg (21.96%), Manganese: 0.42mg (21.15%), Fiber: 4.97g (19.87%), Calcium: 186.21mg (18.62%), Iron: 2.24mg (12.42%), Potassium:

382.28mg (10.92%), Vitamin B6: 0.19mg (9.65%), Folate: 38.56µg (9.64%), Vitamin E: 1.34mg (8.96%), Magnesium: 34.08mg (8.52%), Phosphorus: 71.31mg (7.13%), Copper: 0.14mg (6.92%), Vitamin B2: 0.11mg (6.66%), Vitamin B3: 1.22mg (6.12%), Vitamin B1: 0.07mg (4.51%), Vitamin B5: 0.42mg (4.18%), Vitamin A: 173.79IU (3.48%), Zinc: 0.41mg (2.74%), Selenium: 1.1µg (1.57%)