



Stir-Fried Noodles with Fresh and Baked Tofu

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large broccoli peeled sliced cut into florets, the stem and
- 2 carrots peeled thinly sliced
- 0.3 cup cilantro leaves coarsely chopped for garnish
- 1 tablespoon garlic chopped
- 1 tablespoon ginger chopped
- 1 jalapeno diced seeded
- 1 onion thinly sliced
- 3 tablespoons oyster sauce

- 2.5 tablespoons vegetable oil; peanut oil preferred
- 1 tablespoon rice wine
- 4 servings salt
- 1 bunch spring onion firm cut into 1-inch lengths
- 6 mushroom caps thinly sliced
- 4 ounces snow peas trimmed
- 2 tablespoons soya sauce
- 0.3 cup water
- 2 teaspoons sugar
- 2 tablespoons tamari sauce
- 1 tofu firm drained cut into large cubes
- 2 chunks spicy tofu thinly sliced
- 8 ounce extra wide egg noodles chinese
- 1 bell pepper red yellow halved cut into narrow strips, then

Equipment

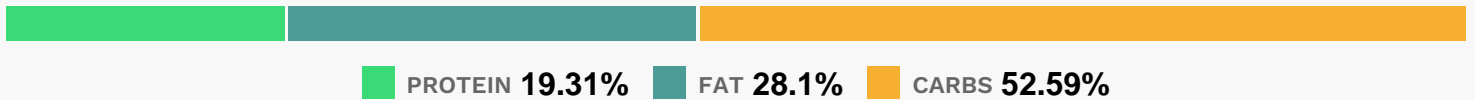
- frying pan
- pot
- sieve
- wok

Directions

- Mix the sauce ingredients together and set aside.
- Bring a pot of water to boil for the noodles and tofu. Reduce it to a simmer, add the cubed tofu and simmer gently for 4 minutes. Lift out the tofu with a strainer and set aside. Return the water to a boil, add the noodles and cook until tender-firm, following the package directions.
- Drain and rinse under cold water. Toss with 1 tablespoon of the oil and set aside.
- Set a wok or skillet over high heat.

- Add the remaining oil, swirl it around. When hot, add the ginger, garlic, chile, and baked tofu. Stir-fry around. When hot, add the ginger, garlic, chile, and baked tofu. Stir-fry for 1 minute, then add onion, mushrooms, broccoli, bell pepper, and carrots. Season with a few pinches of salt and stir-fry, rapidly tossing the vegetables in their pan, for 3 minutes.
- Now add the snow peas, scallions, and boiled tofu. Stir-fry for 1 minute more, then add the noodles and the sauce. Reduce the heat, toss so that everything is evenly mingled, then cover and cook until the noodles are heated through, a matter of just a few minutes. Turn onto a large platter and garnish with sprigs of cilantro.
- Book, using the USDA Nutrition Database
- Reprinted with permission from This Can't Be Tofu! by Deborah Madison. 2000 Broadway Books /n /n /n

Nutrition Facts



Properties

Glycemic Index:113.23, Glycemic Load:22.86, Inflammation Score:-10, Nutrition Score:36.586087050645%

Flavonoids

Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 12.26mg, Kaempferol: 12.26mg, Kaempferol: 12.26mg, Kaempferol: 12.26mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 12.29mg, Quercetin: 12.29mg, Quercetin: 12.29mg, Quercetin: 12.29mg

Nutrients (% of daily need)

Calories: 518.87kcal (25.94%), Fat: 16.64g (25.6%), Saturated Fat: 2.88g (17.99%), Carbohydrates: 70.06g (23.35%), Net Carbohydrates: 60.04g (21.83%), Sugar: 10.84g (12.04%), Cholesterol: 47.63mg (15.88%), Sodium: 1662.56mg (72.29%), Alcohol: 0.6g (100%), Alcohol %: 0.15% (100%), Protein: 25.73g (51.47%), Vitamin C: 217.29mg (263.39%), Vitamin K: 182.81µg (174.11%), Vitamin A: 6610.86IU (132.22%), Selenium: 51.29µg (73.27%), Manganese: 1.19mg (59.38%), Fiber: 10.01g (40.06%), Folate: 156.52µg (39.13%), Vitamin B6: 0.71mg (35.3%), Phosphorus: 335.16mg (33.52%), Potassium: 1032.22mg (29.49%), Iron: 4.96mg (27.58%), Calcium: 265.93mg (26.59%), Magnesium: 97.14mg (24.29%), Vitamin B3: 4.77mg (23.83%), Vitamin B2: 0.39mg (22.7%), Vitamin B5: 2.19mg (21.89%), Vitamin E: 3.28mg (21.84%), Copper: 0.42mg (20.86%), Vitamin B1: 0.31mg (20.86%), Zinc: 2.33mg (15.54%), Vitamin B12: 0.22µg (3.66%), Vitamin D: 0.25µg (1.69%)