



HEALTH SCORE

86%

Stir-Fried Tofu and Spring Greens with Peanut Sauce



Vegetarian



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



833 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 cups bok choy thinly sliced
- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup roasted peanuts chopped
- ☐ 0.3 cup spring onion sliced
- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 0.3 cup satay sauce
- ☐ 4 cups bulgar wheat hot cooked uncooked (10 ounces buckwheat noodles)

- ☐ 1 cup baby squash yellow
- ☐ 16 ounce spicy tofu
- ☐ 2 cups watercress trimmed

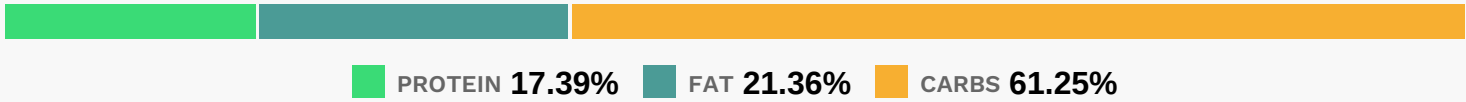
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cut tofu crosswise into 1/2-inch-thick slices.
- ☐ Place tofu between paper towels until barely moist.
- ☐ Cut slices crosswise into 1/2-inch cubes.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add tofu; saut 5 minutes, browning on all sides.
- ☐ Add peanut sauce; cook 2 minutes, stirring occasionally.
- ☐ Add sliced bok choy, squash, and onions; cook 3 minutes, stirring frequently.
- ☐ Add watercress and soy sauce; cook 1 minute or until the watercress is slightly wilted.
- ☐ Remove from heat.
- ☐ Place 1 cup noodles in each of 4 shallow bowls; top each serving with about 1 1/4 cups vegetable mixture, and sprinkle with 1 tablespoon peanuts.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:54.76, Inflammation Score:-10, Nutrition Score:46.438260575999%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 6.65mg, Kaempferol: 6.65mg, Kaempferol: 6.65mg, Kaempferol: 6.65mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 33.17mg, Quercetin: 33.17mg, Quercetin: 33.17mg, Quercetin: 33.17mg

Nutrients (% of daily need)

Calories: 833.41kcal (41.67%), Fat: 21.04g (32.37%), Saturated Fat: 2.81g (17.54%), Carbohydrates: 135.78g (45.26%), Net Carbohydrates: 115.44g (41.98%), Sugar: 4.66g (5.18%), Cholesterol: 0mg (0%), Sodium: 591.68mg (25.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.54g (77.08%), Vitamin A: 7061.93IU (141.24%), Manganese: 2.68mg (133.92%), Magnesium: 441.91mg (110.48%), Copper: 1.99mg (99.53%), Vitamin K: 86.19µg (82.08%), Fiber: 20.34g (81.34%), Vitamin B3: 14.18mg (70.9%), Phosphorus: 685.22mg (68.52%), Vitamin C: 43.4mg (52.6%), Vitamin B2: 0.82mg (48.51%), Potassium: 1231.87mg (35.2%), Iron: 6.28mg (34.88%), Folate: 121.42µg (30.36%), Zinc: 4.54mg (30.25%), Vitamin B6: 0.59mg (29.58%), Calcium: 289.89mg (28.99%), Vitamin B5: 2.5mg (25%), Selenium: 15.51µg (22.15%), Vitamin B1: 0.28mg (18.8%), Vitamin E: 1.41mg (9.39%)