



 9%  
HEALTH SCORE

# Stir-Fried Tofu With Mushrooms, Sugar Snap Peas, and Green Onion

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

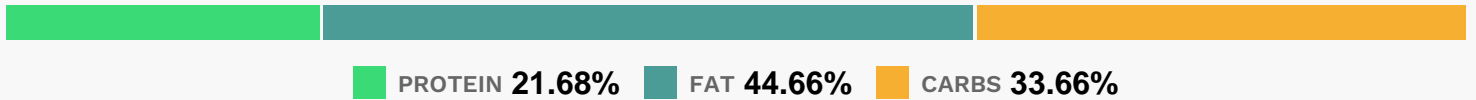
## Ingredients

- 1 teaspoon cornstarch
- 12 ounce extra tofu dry with paper towels firm drained cut into 3/4-inch cubes, patted
- 1 tablespoon ginger fresh minced peeled
- 6 ounces mushroom caps fresh stemmed quartered
- 4 garlic clove minced
- 4 spring onion sliced
- 1 tablespoon honey

- 1 teaspoon sesame oil
- 0.3 teaspoon pepper red dry crushed
- 3 tablespoons soya sauce
- 8 ounces sugar snap peas trimmed
- 1 tablespoon rice vinegar
- 2 tablespoons vegetable oil divided
- 0.3 cup water

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:56.57, Glycemic Load:3.44, Inflammation Score:-7, Nutrition Score:14.053913043478%

## Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

## Nutrients (% of daily need)

Calories: 190.75kcal (9.54%), Fat: 9.82g (15.11%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 16.65g (5.55%), Net Carbohydrates: 13.45g (4.89%), Sugar: 9.01g (10.01%), Cholesterol: 0mg (0%), Sodium: 819.57mg (35.63%), Protein: 10.73g (21.46%), Vitamin K: 51.84µg (49.37%), Vitamin C: 37.33mg (45.24%), Manganese: 0.39mg (19.28%), Phosphorus: 190.71mg (19.07%), Iron: 2.97mg (16.53%), Copper: 0.32mg (16.12%), Vitamin A: 773.29IU (15.47%), Vitamin B6: 0.3mg (15.14%), Vitamin B3: 2.84mg (14.2%), Magnesium: 54.87mg (13.72%), Potassium: 459.94mg (13.14%), Fiber: 3.2g (12.8%), Vitamin B1: 0.18mg (12%), Vitamin B2: 0.2mg (11.98%), Vitamin B5: 1.15mg (11.49%), Folate: 39.87µg (9.97%), Zinc: 1.27mg (8.44%), Calcium: 70.07mg (7.01%), Vitamin E: 0.91mg (6.08%), Selenium: 3.54µg (5.06%), Vitamin D: 0.17µg (1.13%)