



Stir-Fried Tofu with Mushrooms, Sugar Snap Peas, and Green Onions



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 12 ounce extra tofu dry with paper towels 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 dried red 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

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slotted spoon

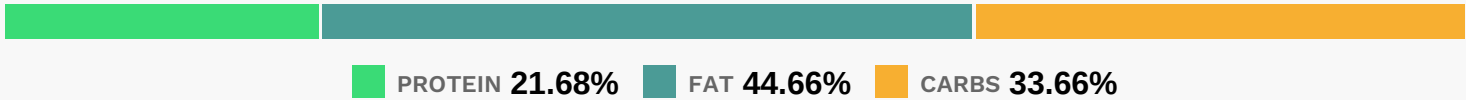
Directions

- ☐ Whisk first 5 ingredients in medium bowl to blend.
- ☐ Add tofu and stir to coat; let marinate 30 minutes.
- ☐ Drain, reserving marinade in small bowl.
- ☐ Whisk 1/4 cup water and cornstarch into marinade.
- ☐ Heat 1 tablespoon vegetable oil in large nonstick skillet over medium-high heat.
- ☐ Add tofu and sauté until golden, about 2 minutes. Using slotted spoon, transfer tofu to plate.
- ☐ Add remaining 1 tablespoon vegetable oil to skillet.
- ☐ Add mushrooms and stir-fry until tender, about 3 minutes.
- ☐ Add sugar snap peas; stir-fry 2 minutes.
- ☐ Add garlic and ginger; stir-fry 30 seconds. Return tofu to skillet; drizzle reserved marinade mixture over. Stir-fry until marinade thickens slightly, about 30 seconds. Season to taste with salt and pepper.
- ☐ Transfer to bowl.
- ☐ Sprinkle with green onions and serve.

Per serving: calories, 195; total fat, 11 g; saturated fat, 1 g; cholesterol, 0; fiber, 3 g

Bon Appétit

Nutrition Facts



Properties

Glycemic Index:56.57, Glycemic Load:3.44, Inflammation Score:-7, Nutrition Score:14.053913173468%

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%), Alcohol: 0g (100%), Alcohol %: 0% (100%), 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%)